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Longwood University 2004-2006







LONGWOOD

UNIVERSITY

"We are one big family of people trying to make our way through the unfolding puzzle of life."

*Sara Patterson
Longwood University Student*



**2004 - 2008 Virginian
Volume 99-102
201 High Street
Farmville, VA 23909
434.395.2000
www.longwood.edu
Enrollment: 3900**

With a legacy of learning dating back more than 150 years, Longwood University has developed a lifestyle of learning that extends far beyond the classroom. Founded in 1839 in Farmville, Virginia, Longwood University is a coeducational, comprehensive state institution offering programs leading to bachelor's and master's degrees in a wide variety of subjects.

Today, Longwood has an undergraduate enrollment of 3,900 students, combining the ambiance of a small, private college with the cost benefits of a public institution. Better still, Longwood was cited recently as one of the nation's best college buys in America's 100 Best College Buys, a national publication that profiles schools that are the highest rated academically but have the lowest annual costs. Small classes (avg.=25) and a favorable faculty/student ratio (1:19) provide an opportunity for both professors and students to develop close, personal relationships.

Honoring the Past in the Present



What is Longwood University? What is its distinctiveness in whole or in part? What "pieces" are essential to the entire enterprise?

Longwood University is an institution of higher learning dedicated to the preparation of citizen leaders. Its distinctiveness lies in the strength of its faculty, staff and students - their commitment to each other for the common good. The "pieces" that make distinctiveness possible include a physical environment of incomparable beauty that fosters learning, highly qualified faculty, experts in their fields and in classroom pedagogy, and students who strive to make a difference in the world. If any of these "pieces" are missing, the essence of Longwood is compromised.

The yearbook is one of the ways that the "pieces" come together, a pictorial representation of student achievement, socially and academically, of faculty and staff involvement and of events that highlight some of the most extraordinary facilities in the Commonwealth.

This yearbook is a wonderful example of citizen leadership. A few dedicated and committed students believed in a dream that would re-establish a Longwood yearbook - the best opportunity to put into print all of the special memories on the Longwood campus. They need to be commended for their efforts. It captures friendships made, societies continued, and newly formed, unique experiences, faculty bonds and a myriad of other activities that make this university second-to-none.

The yearbook will mean even more as the years go by than it does now. You will be able to walk down memory lane each time you turn its pages, reveling in the fun you had and the challenges you faced. Pictures will conjure up images that will help you remember these terrific years at Longwood.

Let's make this puzzle complete...

Patricia P. Cormier
President



Former Longwood University Presidents visited campus during the 2004-2005 school year as three buildings on campus were renamed in their honor for their priceless contributions to the University.

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Commerating Longwood

On August 20th, 2003. I walked into my dorm for the first time here at Longwood. I was as everyone is as they enter college 18, young, and naïve as to how the world works. However, I was eager to find out what Longwood would really have to offer me. I looked forward to the first week of classes as a real college student and now, here I stand, on the last day of classes, of the last week that I will spend here at Longwood. Choosing rather than to commemorate one person who has been influential, I would like to commemorate the place that grew with me as I myself grew up, and share with you how Longwood has been such a memorable place that you too will look back two or three, maybe even 4 years from now and be in the same spot I am today, wanting to share to with you all why Longwood has been such an important part of my life. I'm sure it will serve the same to you.

Let me begin by saying that when I first started looking at schools, Longwood College was going to be the place for me. The small school atmosphere and how it seemed that everyone knew who everyone else was. My junior year of high school was when Longwood went from a small rural college to a growing and challenging university. This change happened after the rotunda burned down the year earlier. If you ask, there seems to be an ongoing tradition that once the college burns, the name is changed!

When I had finally began as a student at Longwood, I lived and took classes in buildings that are no longer standing or in use today. Stevens/McCorkle, Wynne, Wheeler. Now, Wynne is a field, Wheeler is being gutted, and Stevens/McCorkle is no longer our science facility. After the fire, Ruffner was a mess, but Longwood worked hard to put back together the symbol of our traditions here, and the Rotunda was being built back to its original state. The college encouraged students to write their names onto the massive steel frames of the Rotunda with sharpie markers, and just a few short months, the Rotunda was back where it belonged. With hundreds of names written across the steel beams that would forever honor the students that were here for the new beginning of the Rotunda.

New and exciting things happened since I have been here at Longwood! Brock Commons was a fantastic new addition. Believe me, there wasn't always a straight shot between Ruffner and Hull. We all as students would have to strategically find our ways around the construction of the commons area. After Brock Commons had opened, students even organized a college "streak" through the fountains. The fountains were once the closest thing to art before all of the sculptures and other art forms appeared all over our campus.

Mind you, this was organized before Longwood had the Facebook craze!

Longwood has changed so much over the years that I have been here. Even though, it has only been three and a half, it seems like a lifetime. I joined one of the most prestigious organizations here at Longwood which has made such an astounding part of my life here at Longwood even better. I joined lots of other organizations and though I did not have a lot of free time. It was all time well spent here at Longwood. I couldn't commemorate just one person today, instead commemorating the place that has enabled me to grow from a girl to a woman, from naïve to worldly, and has embraced not only my life here at Longwood but thousands if not millions as well were impacted by this institution.

There are over 125 Organizations here at Longwood, there really is something out there for everyone, and the great thing about Longwood is, it's small enough that even if there is something that you aren't interested in, you can create an organization yourself and actually make it successful. Remember, while you are here to work hard, but don't forget to play hard as well. And cherish your time here because in a flash it's all over. I leave you, as a last semester senior, on the last day, of the last week of classes, with this last thought.

Enjoy your time here at Longwood, and take what it has to offer you. But don't forget not to take life too seriously, because "you'll never get out of it alive!"

Casey Warner
Longwood University Student
Class of '06



EXPLORING THE NEW SCIENCE CENTER

The "grand opening celebration" will include a lecture by psychic investigator James Randi at 4 p.m. in Jarman Auditorium and a ribbon-cutting ceremony at 5:30 p.m., followed by self-guided tours and a reception. The ceremony - in which the ribbon is a 16-foot long model of a portion of the DNA double helix - will take place outside the High Street entrance to the building, located near the corner of High Street and Griffin Boulevard.

The four-story, 70,822-square foot building will be occupied by the Department of Natural Sciences beginning in the spring semester. It replaces nearby Stevens Hall, built in 1951. The new facility's state-of-the-art educational technology will enable the science program to provide students with greatly expanded research opportunities, Longwood officials say.

"The building has leading-edge classroom technology and dedicated research space to help us emphasize collaborations between

between faculty and undergraduates," said Dr. Charles Ross, interim dean of the College of Arts and Sciences, who formerly chaired the Department of Natural Sciences.

Dick Bratcher, vice president of facilities management and public safety, called it "the most complex building that Longwood

has ever built."

Each lecture room and teaching lab has a "sympodium," a digital tablet that acts as a computer monitor and can be projected onto a screen. Other technology amenities include:

- Each teaching lab has a camera over



each of the six tables where students do experiments which can be projected onto a screen. The camera can zoom in and rotate around the room. Each table has AC power and network connectivity.

- Each teaching and research lab has a "flex camera" (it resembles a desk lamp),

which can be plugged into a computer from a USB connection and can take photographs and video (even of slides in microscopes), which can be edited and recorded onto DVD. A built-in microphone enables audio to also be recorded. In addition to the flex cameras in the labs, students will have access to 12 additional flex cameras, which can be hooked to their laptops.

- a Geographic Information Sciences lab with 16 computers with 19-inch flat screen monitors to run cartographic, remote sensing and geographic information

systems (GIS) software, three printers (one of which prints posters on 42-inch wide rolls of paper) and a large-format scanner. Thanks to the lab, a GIS course will be taught at Longwood for the first time in the spring semester.

- a computer room with 24 computers and software specifically for the sciences, as well as general software.
- 28 miles of network cabling, 768 network connections and 47 wireless connectivity access points, and over nine miles of telephone wiring and 154 phone connections.
- a sophisticated heating, air-conditioning and ventilation system that works in conjunction with the fume hoods and exhaust systems in the labs.

The T-shaped brick building has a rooftop greenhouse overlooking Wheeler Mall, site of Longwood's commencement exercises. Directly underneath the greenhouse are faculty and student lounges on the third floor and a balcony area on the second floor.

The High Street entrance features a curved façade of glass panels behind six brick pillars. There are 18 lecture rooms

(one holds 96 students) and teaching labs, 14 research spaces, and 36 faculty offices.

"The research spaces will make it easier to involve undergraduate students in faculty research projects," said Dr. Michelle Parry, chair of the Department of Natural Sciences and associate professor of physics, who will cut the ribbon along with Longwood President Patricia Cormier.

The science center was built by Suit Construction Company of Raleigh,

N.C. The project cost \$17.6 million. Construction began in August 2003. The Department of Natural Sciences is Longwood's second largest academic department, with 23 full-time tenure track positions. Two members of that faculty, Dr. Consuelo Alvarez, assistant professor of biology, and Dr. Gary Lutz, assistant professor of chemistry, designed the DNA model that will be used to officially open the building. It was made of four four-foot dowel rods, 39 foam panels (representing nucleotides) and two ribbons whose colors represent not only Longwood's colors but the colors of the four disciplines within the Department (biology, chemistry, physics and earth science/geography).

James Randi, a former magician and escape artist who calls himself "the world's leading psychic investigator and skeptic," has attracted both devoted followers and bitter critics for his longtime efforts to debunk psychics, faith healers and others he views as charlatans. For 31 years he has offered an award, which started at \$1,000 and now is up to \$1 million, to anyone who demonstrated a paranormal power under satisfactory observational conditions. He heads the James Randi Educational Foundation, based in Fort Lauderdale, Fla., which is "dedicated to

critical thinking about the paranormal" and funds "carefully selected original parapsychological research."

In his talk, Search for the Chimera, he will give an overview of how science has pursued magic and miracles in the 20th century and into the 21st century, including such topics as UFOs, the Bermuda Triangle, Erich von Daniken's "Chariots of the Gods" theory and the lost continent of Atlantis.



Dick Bratcher, Vice President of Facilities meets with the construction foreman considering last minute modifications to prepare the building.

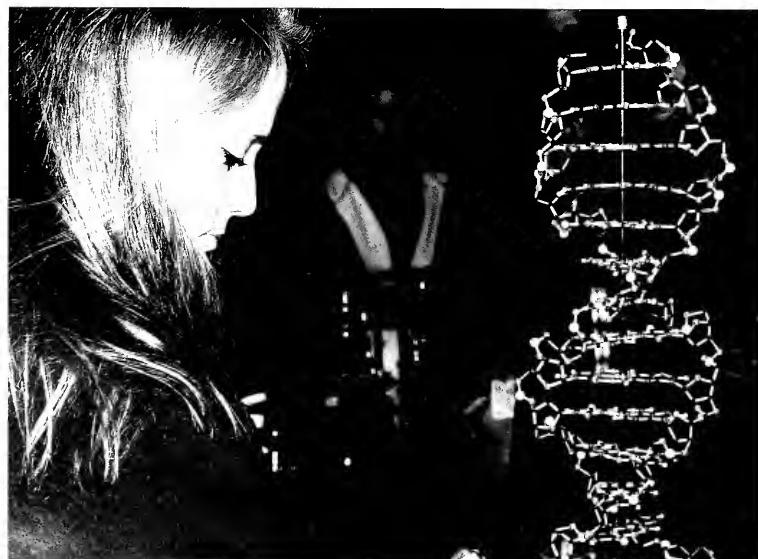


THE NEW GREENHOUSE





For the grand opening students and President Cormier along with other various figures cut a strand of DNA to signify the opening.





EXPLORING THE NEW SCIENCE CENTER





the new LANCE

Breaking with tradition is always a controversial thing, but the idea to create a new athletic logo was ultimately a unanimous decision. With Longwood's rise to NCAA Division I, it was only fitting that the athletic logo reflects the change. Work on the new logo started during the 2005 fall semester when a group of nine graphic design students were chosen to take on the challenge. Broken into groups of three, each student created a set of sketches and ideas. Then, the group combined their ideas into one. Ideas were then critiqued as details were altered and reworked. "The hardest thing about creating it was having so many opinions," said Rachel Battleson. Athletic directors, coaches, and a board of directors assessed each round of thumbnails. "As a designer, you learn very quickly not to get too attached to any design because the client is going to kick it back for more adjustments, but then you finally land the design that satisfies the clients' every need, it makes it all worthwhile," said Brooke Hill. The unveiling of the finished product was met with a multitude of satisfied Longwood students. "I love the aggressiveness of the horse. It's nice and bold," said Thomas Santerre, one of the design students. The new athletic logo had met with success. The new logo is the perfect symbol for an up and coming Division I school. Representing the big dreams and changes underway, it will likely stand strong for years to come.



Longwood Oktoberfest, an event sponsored and organized by the student organization Mortar Board, is a long-standing tradition at Longwood that is always full of fun, excitement, and good times.



The finale of Spirit Week is Color Wars, which is a Longwood tradition of class rivalry.









colorwars2007
**OKTOBERFEST
CELEBRATION**



AROUND CAMPUS



Rohn Brown, '84, updated his license plate from "2BDIV1" to reflect Longwood's new status.



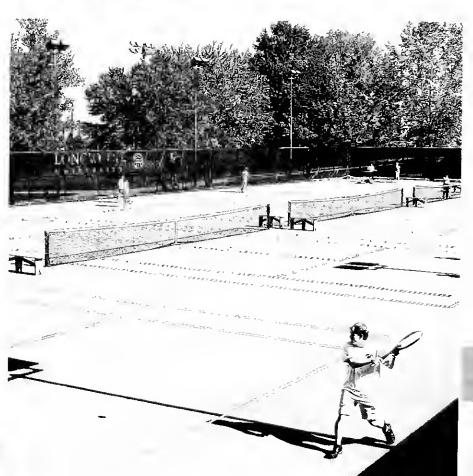
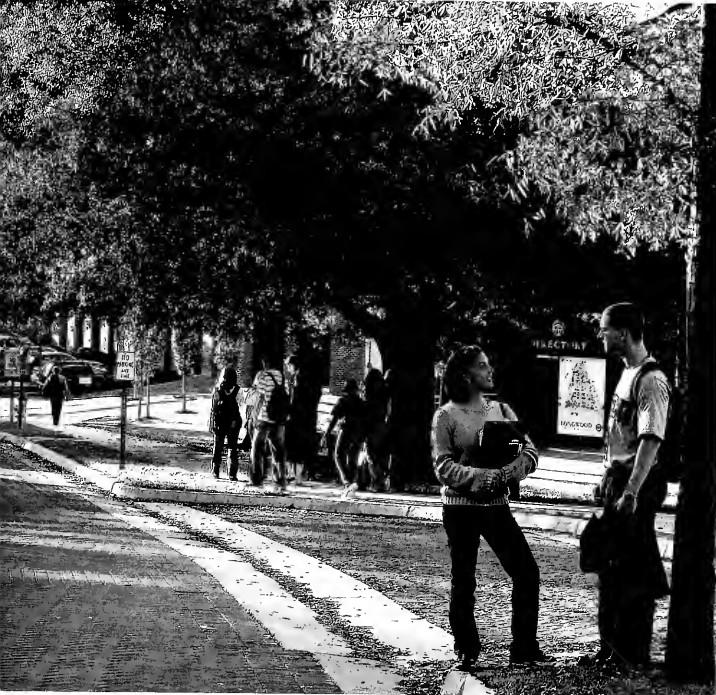


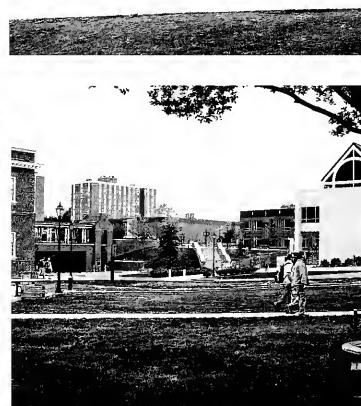
Physics students debut Hovercraft

Longwood physics majors who constructed a Hovercraft for their independent study project debuted the vehicle on campus during the spring semester. The Hovercraft, a vehicle used in low-level flight over land or water, was constructed entirely by eight physics students over the course of three semesters. The Longwood model features the Rotunda and new Lancer logos and is powered by two gasoline engines - a lift engine and a thrust engine. The vehicle, five feet wide and eleven feet long, hovers approximately four inches above the ground and is steered with rudders that work with the thrust motor.

CAMPUS CANDIDS







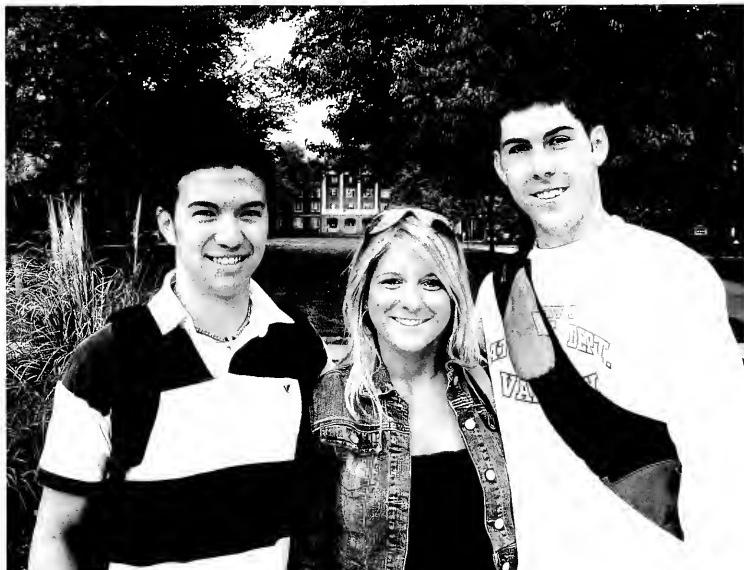
SCENES FROM CAMPUS



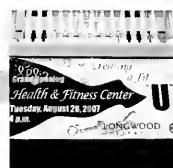




getting to know
**LONGWOOD
STUDENTS**



LONGWOOD DEBUTS A NEW HEALTH & FITNESS CENTER



It was a grand opening ceremony like no other as three runners officially crossed the finish line to cut the ribbon on Longwood's new Health and Fitness Center on August 28. Hundreds of Longwood students, faculty and staff turned out for the ceremony and waited anxiously for their first look at the new 75,000-square foot building. "Longwood will be one of the thinnest campuses in the Commonwealth," said President Patricia Cormier referring to Longwood students, faculty, and staff who will have access to the building for more than 95 hours each week. In addition to Campus Recreation, the building houses the Counseling Center and the Student Health and Wellness Center. "We believe that this new center will shape the mind, body, and spirit — the whole person, if you will, and that has always been a goal of higher education," said Dr. Cormier. Marge Connelly, rector of the Longwood Board of Visitors, urged students to do three things with the center: "Use it. Enjoy it. And brag about it to your friends back home." Following the ceremony, guests crowded the main entrances to the building where they were greeted by servers offering Smoothie samples from the Freshen's Energy Zone. A variety of healthy snacks and beverages were offered throughout the center. Students participated in a free-throw contest and watched demonstrations of weight and cardio equipment and the 30-foot rock climbing wall. Give-aways included signature "Creating a Fit U" t-shirts and water bottles. The two-and-a-half story building is located at the corner of South Main and Redford streets and includes a 7,300-square foot fitness center, two full-court gymnasiums, a multi-purpose gym, three group exercise rooms, two racquetball courts, a 30-foot climbing wall, and a one-eighth mile walking/jogging track. The fitness center has 40 pieces of cardiovascular equipment, 30 pieces of strength equipment, and free weights. The \$13.6 million brick and glass building was designed by Hastings & Chivetta of St. Louis and built by J.E. Jamerson & Sons Inc. of Appomattox on the site of what had been a parking lot for commuter students. It faces Franklin Street and the south end of Frazer Residence Hall. Details of the building include a curved section of glass at the corner of Franklin and South Main; a skylight over the fitness center; and four white columns supported by brick pillars at the main entrance facing Franklin Street.



Here's what the health and fitness center offers:

10 LifeFitness Treadmills
6 LifeFitness Cross Trainers
4 LifeFitness Upright Bicycles
6 LifeFitness Recumbent Bicycles
2 LifeFitness Summit Trainers
2 LifeFitness Stairclimbers
6 Precor Ellipticals
2 Concept II Rowers
2 Sci-Fit Upper Body Ergometers
Cardio Vision Wireless Sound System

(8) 42" televisions "silent fitness center"
20 Selectorized Equipment - Weight stacks
4 pieces of cable motion
1 Dual Adjustable Pulley
1 Eight station Multi-Jungle
4 Core Training Stations
9 Hammer Strength Plate Loaded Station
2 Hammer Strength Power Racks
6 Hammer Strength Olympic Bench Station
5,000 lbs of Hampton Weight Plates
Hampton dumbbells 2.5 lbs to 125 lbs

Spinning (aerobics on a stationary bike)
Strength Training or Boot Camp style classes
Personal Training and Health & Fitness testing
Express Circuit Training program
Volleyball, badminton, racquetball and wallyball
1/8th mile Track
Climbing Wall
Shower towel service
Day use lockers
Equipment issue
Freshens Energy Zone Juice Bar







Classic Cafe Rocks
Spring Weekend



Longwood Graduate Studies partners with a new marketing firm to help promote our exceptional programs.

Teresa George, Frannie Stubbs, Megan Greer, Dean Sue McCullough, Crystal Holmes, Brandon Zuidema attend the Graduate Research Forum in Richmond.



LONGWOOD
UNIVERSITY

Graduate Programs
On Campus • Off Campus • Online
longwood.edu/grad

A black and white photograph of a large, classical-style building with multiple columns and a prominent pediment. The building is illuminated from within, with lights visible through the windows. The sky above is dark, suggesting it is nighttime.

Nicole Roach (Reading Specialist Program), Rene and Susan Finch (Graduate Studies Administrative Assistants) help prepare for the 50th celebration.

Dean of graduate studies, Sue McCullough, hard at work for the students.

[Graduate Programs]



Brandon Zuidema (Criminal Justice Program) at the research forum.

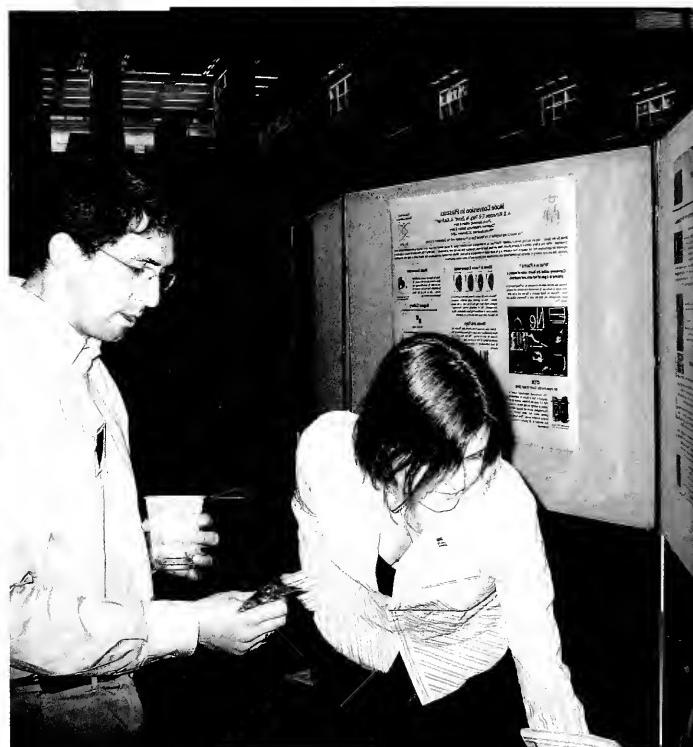


Frannie Stubbs prepares for her presentation at the Graduate Research Forum in Richmond.

Teresa George (Criminal Justice Program) displays her work with the Pen Pal program.



Longwood students display their work to Virginia Legislators and other state universities at the research forum. Presentations were made for the research forum at the Library of Congress in Richmond.



Frannie Stubbs (creative writing program) and Megan Greer (College & Community Counseling Program) display their work.

Students at the research fair sharing their projects and presentations.

[Graduate Programs]



Dr. Debra Stewart, President and CEO of the national Council of Graduate Schools, speaks at Longwood's 50th Anniversary of Graduate Studies.



Frannie Stubbs and Megan Greer at the National Conference for Graduate/Professional Students at the University of Miami.

Krystal Holmes, Special Education program, displays her research entitled "Reducing the stereo typic Behavior of Individuals with Mental Retardation".





creativity at work
ART DEPARTMENT



CONVOCATION]

Longwood alumnus Maj. Gregory L. Bowman (center), an Army attorney, spoke at Convocation, during which John B. Adams Jr., rector of the Board of Visitors, and Longwood's president, Dr.

Patricia Cormier, officially opened the new academic year.

Longwood alumnus Maj. Gregory L. Bowman, an Army attorney, spoke at Convocation, during which John B. Adams Jr., rector of the Board of Visitors, and Longwood's president, Dr. Patricia Cormier, officially opened the new academic year.

A Longwood University alumnus who as an Army attorney helped rebuild Iraq's legal system urged seniors at Convocation to display "commitment and courage" to change a world that is increasingly complex and dangerous.

"I am going to challenge you to use the last year of your undergraduate career to build yourself into the world citizen that can change it for the better," Maj. Gregory L. Bowman said during the ceremony Sept. 14 in Jarman Auditorium. "The world expects from you three things: commitment, courage and change. The world expects you to use all of your knowledge to solve problems to make it better, to make it more peaceful, to make it more hopeful, to make it less dangerous."

Bowman, a 1990 summa cum laude graduate who is a Keysville native, is a U.S. Army judge advocate (attorney) currently assigned as the deputy staff judge advocate at the United States Armor Center, at Fort Knox, Kentucky. He served in Iraq in 2003 as senior legal adviser to the Governorate Support Team, which he described as "the initial organization charged with beginning reconstruction after major combat operations ceased."

During that time, he served as the first administrator/Amicus Curie to the Central Criminal Court of Iraq, the first-ever Iraqi intermediate appeals court with universal jurisdiction. He also was appointed by Ambassador Paul Bremer as the only military member of the Judicial Review Committee of Iraq, charged with "de-Bathifying" and rebuilding the Iraqi judiciary, and served as the U.S. administrator for the emergency rebuilding of the infrastructure of Baghdad's judicial system.

The Convocation ceremony ended with the longstand-

ing Longwood tradition of "capping," in which seniors had a customized, colorfully decorated mortarboard placed on their head by a friend.

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In his Convocation address, Bowman credited Longwood with dispelling a "great myth" for him, about knowledge. "No one gets paid, no one gets fame, no one gets glory for 'what' they know. In spite of the cliché, knowledge alone is not power. The world today is full of books, databases and

documents that store countless volumes of knowledge. Anyone with a computer and the correct access can obtain knowledge. No one cares if you can memorize facts and formulas. No, the world needs individuals who can apply that knowledge, who can use known facts, figures and data to develop something new, to forge new ground, to solve key problems."

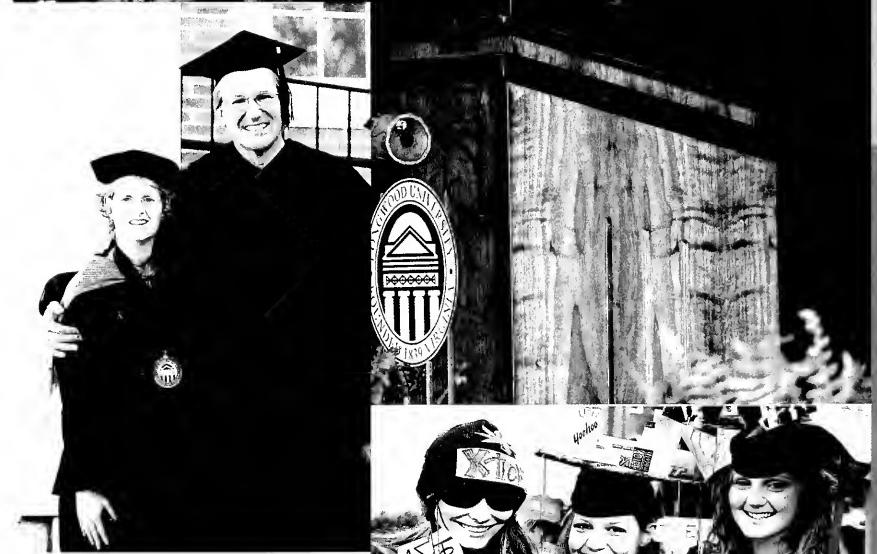
Bowman noted the stunning technological changes that have taken place since he graduated from Longwood.

"Sixteen years ago I had never heard of a Pentium processor, an iPod or an e-mail. I had a 286 processor in my computer, a 100 megabyte hard-drive, a black and white monitor and a dot-matrix printer. Back then floppy disks were actually floppy, about five inches wide, and could hold about one-one hundredth of your average thumb-drive today. And, these were state of the art. I had never played a compact disc, had no idea what a DVD player was and spent \$400 on my first VCR. Cell phones came in large leather bags, were actually installed in your vehicle and required a large antenna."

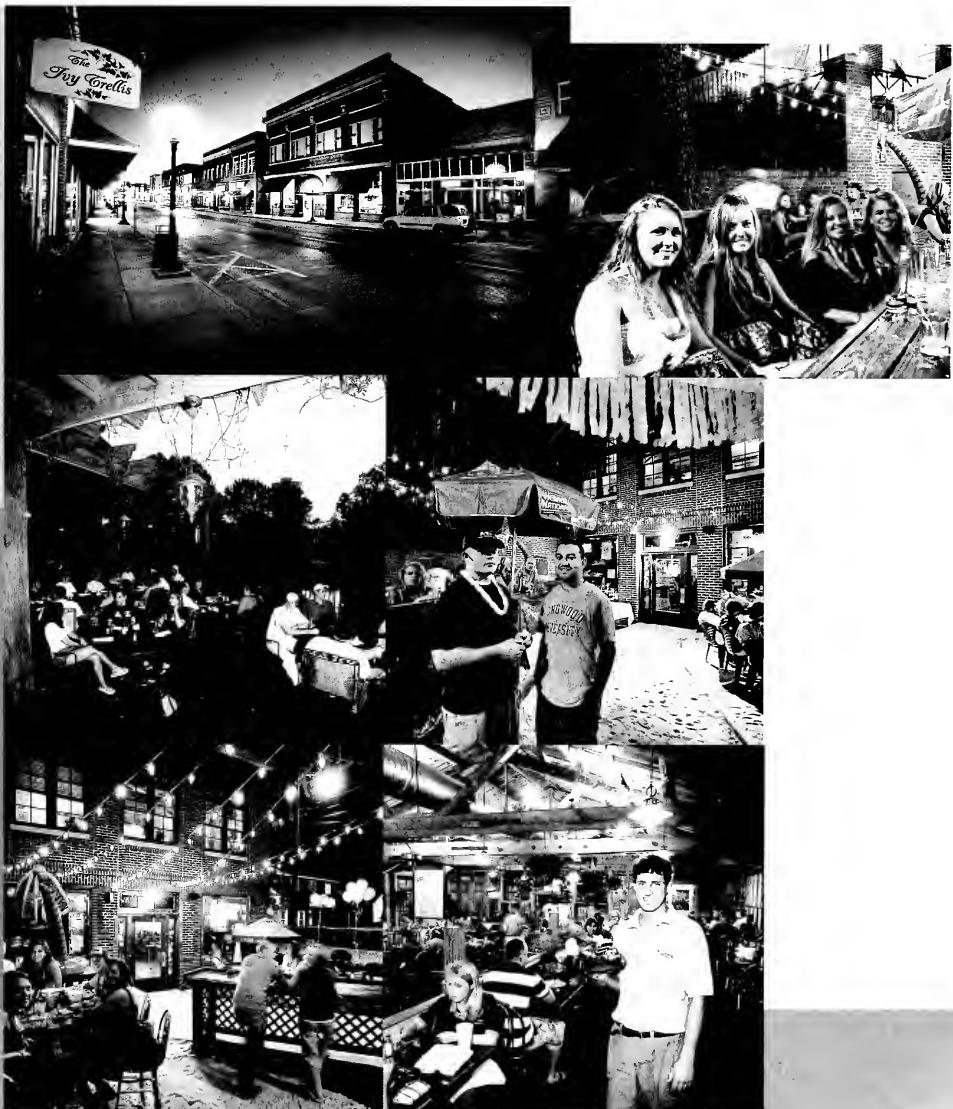




CONVOCATION



Funs Times in Farmville



2005 COMMENCEMENT

Senator George Allen addresses Graduates: 930 degrees awarded

Senator George Allen addresses graduates

Longwood University graduates were urged at Commencement on Saturday, May 14, by U.S. Sen. George Allen (R-Virginia) to advance freedom by fighting terrorism and to be leaders in innovation.

"I believe your generation's purpose and America's purpose," he said, "should be focused on two major goals: first, protecting and advancing liberty against terrorists by strengthening our defenses and going on the offense in interdicting terrorist networks and those repressive state sponsors of terrorism. As President Reagan said, 'No arsenal, or no weapon in the arsenals of the world, is so formidable as the will and moral courage of free men and women.' In the second significant challenge, we must be the leaders of innovation. I encourage future teachers to motivate your students to seize opportunities in science, technology, engineering and mathematics."

Some 801 graduates received bachelor's degrees and another 129 were awarded master's degrees. It was the largest graduating class in Longwood history. Some 780 graduates participated in the ceremony.

Allen, who was Virginia governor from 1994 to 1998 and served in the Virginia House of Delegates from 1983 to 1991, representing the seat once held by Thomas Jefferson, received an honorary Doctor of Laws degree. The honorary degree was conferred "in recognition of his leadership and service to the Commonwealth of Virginia."

wood faculty or staff. Megan Leigh Clark had her diploma presented by her mother, Dr. Theresa Clark, associate professor of social work; Stephanie Lynne Harbour, by her parents, Dr. William Harbour, chair of the Department of History, Political Science and Philosophy, and Kristine Palmer, associate professor emerita of accounting; Kelly Agee, by her aunt, Peggy Agee, instructor of communication disorders; Connor Matthew Howe, by his parents, Dr. Frank Howe, professor of guidance and counseling, and Pat Howe, head of Technical Services in Greenwood Library; and Rosalind Beth Challender, by her father, Dr. Craig Challender, professor of English.

Two graduates, Keith Harrop and Jason Remington, were commissioned second lieutenants in the U.S. Army. Both are entering the Virginia Army National Guard; Harrop will serve in the Corps of Engineers and Remington in Field Artillery.

Dr. Cheryl Adkins, professor of management (and a Longwood graduate), and Dr. Claire Black McCoy, associate professor of art, shared the Maria Bristow Starke Faculty Excellence Award; Dr. Rhonda Brock-Servais, assistant professor of English, received the Junior Faculty Award; and Dr. Eric Laws, assistant professor of psychology, received the Student Faculty Recognition Award. Photo of President Cormier, Senator Allen and Barry Case, rector of the Board of Visitors after the ceremony
President Cormier, Senator Allen and Barry Case, rector of the Board of Visitors after the ceremony

Revolution, and it is vitally important that our nation continues to take the lead on innovation. For future generations of Americans to successfully compete, they'll need to have a firm grasp on new technologies and their applications in the real world.

Allen said he is "very concerned about the declining number of scientists and engineers who are matriculating in our country as compared to other countries." The United States, he noted, graduates 50,000 engineers annually, of whom some 40 percent are from overseas. Only 10 percent are female, and only another 10 percent are Latino or African American. By contrast, India graduates 150,000 engineers and China 250,000 engineers every year. "The 50,000 engineers we're graduating is not enough. We need to encourage women to get into science, technology and engineering...Our engineers and scientists will design and develop most of the new innovations, inventions and intellectual property in the future."

Allen said that this has been "a year of great achievements for your school. I know that, just a few weeks ago, the rebuilding of Ruffner Hall and the Rotunda was finally completed. I toured these ravaged buildings with President (Patricia) Cormier after the Great Fire of 2001 and, like a Phoenix, they look and are better than ever. As a U.Va. graduate, I fully understand what a building like the Rotunda can mean to the character of a college. Your rebuilt Rotunda looks great - a perfect centerpiece for this beautiful campus. And for the seventh straight year, Longwood was ranked among the best in the U.S. News & World Report's 'America's Best Colleges' annual survey."

Some six students shared the Sally Barksdale Hargrett Prize for Academic Excellence, given to the graduating senior with the highest grade-point average. They are Rachel Elizabeth Amos of Stafford (B.S., economics), Sheila Kay Baker of Powhatan (B.S., liberal studies), Sharon Leigh Kania of Yorktown (B.S., business administration), Mary-Colleen Catherine Millage of Ennismore, Ontario (B.S., therapeutic recreation), James Stewart Shifflett of Ruckersville (B.A., English) and Michelle Armstrong Soukup of Chesterfield (B.S., political science). Each had a perfect 4.0 GPA.

Kania also received the Dan Daniel Senior Award for Scholarship and Citizenship.

Several graduates had their diplomas presented by parents or other family members who are Long-

In his speech, Allen noted that members of the Class of 2005 enrolled at Longwood just a few weeks before the "vile terrorist attacks of September 11 shook us all into a cold, harsh reality that not everyone in the world respects our nation's love for freedom. That horrific day made very clear for many of us our responsibility to defend our way of life. The reality sunk in that we would now face a hate-filled menace but also an age-old challenge of defending our country. The War on Terror that our nation and its allies were waging against hate-filled maniacal terrorists will continue to manifest itself in future years."

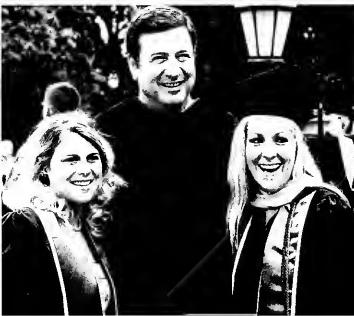
Meriwether Lewis and William Clark set out on their famous expedition to explore the uncharted West some 201 years ago today, Allen said, and he urged graduates to be part of what Thomas Jefferson called the "Corps of Discovery."

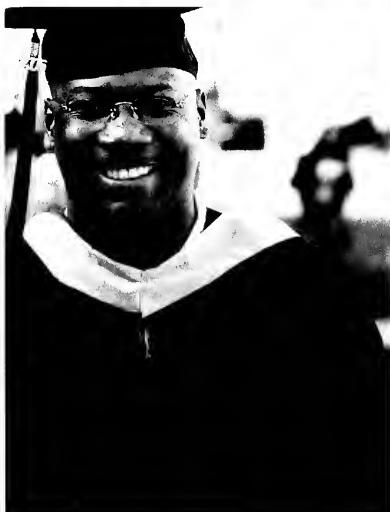
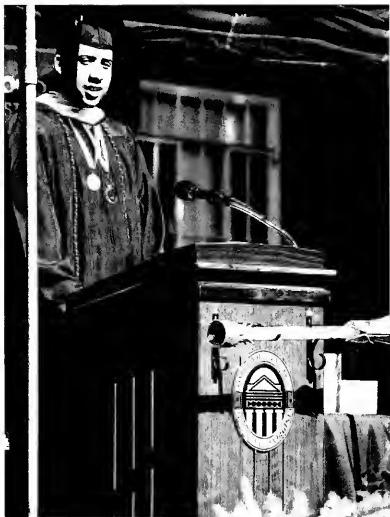
"I believe your knowledge, ingenuity, creativity and leadership can help America to be the innovation capital of the world. You must all be part of our new Corps of Discovery. America has been the leader of virtually every important and transformative technology since the Industrial

Also, Longwood was recognized as having the 11th best master's program among regional schools in the South."

Allen, who was governor when Dr. Cormier came to Longwood in 1996, noted that she is "one of my very favorite, one of the best," and he praised her efforts to obtain funding for sprinklers for the high-rise residence halls, Curry and Frazer. "She did not wait around," he said. "She was determined to make sure her students were safe and she said 'We're going to find that money.' She said 'We're going to act.'"

While introducing Allen, who received his bachelor's degree and law degree from the University of Virginia, Dr. Cormier noted an interesting personal connection. "A little known fact about Senator Allen is that his undergraduate education was enhanced substantially by his excellent performance in French class, taught by none other than Dr. Raymond Cormier, visiting professor of French at Longwood, and my husband. I have up here on the podium the gradebook and he got a very good grade. No wonder the senator can applaud his superior education."





**Former governor Mark Warner
addresses Longwood Commencement**

Longwood University graduates were told Saturday (May 13) to not be afraid to fail, to be civil in political discourse and to remember their family and friends.

The diplomas that you will receive are, by all statistical measures, tickets to a better life," said former governor Mark Warner. "I know that when I became the first in my family to graduate college, I would be able to do things and go places that my parents only dreamed of. But there is a price for this ticket - and I don't mean the interest in the student loans. The price of this unparalleled opportunity is the responsibilities that come with this world-class education.

First, there is an obligation that we ask you to keep with yourselves, and that's: don't be afraid to fail. Second, there is a responsibility you have to the community - a basic obligation that all who live here have, but, unfortunately, too few take seriously. And that's to conduct our political debates in a civil and respectful manner. My final piece of advice is perhaps the most important lesson that I can leave you with today. Call your mother. Call your father. Call your grandparents, girlfriends, boyfriends, husbands and wives. And say that not just because I was in the cellphone business. I say that because if you're going to be honest with yourself you didn't get here alone."

He also told the graduates "No matter how many days and how many miles separate you from your home in Farmville, never forget what you learned here. Reject the cynicism and shallow posturing that dominate our media. Tune out the shouting and background noise that masquerade as meaningful commentary. Instead, wrestle with the complex issues, be respectful of those with whom you disagree, and always remember that despite our glorious differences, a love of country binds us together - as Americans.

"If you remember nothing else I say today, remember this: No one - no one - in politics has a monopoly on virtue, on patriotism, or, most importantly, on the truth. And that goes for conservatives and liberals - and everyone in between."

Warner, governor from 2002 until this January, received an honorary Doctor of Humane Letters degree. Some 770 bachelor's and 164 master's degrees were awarded to graduates who completed their degree requirements this May, last December and last August.

2006 **COMMENCEMENT**

The Sally Barksdale Hargrett Prize for Academic Excellence, given to the graduating senior with the highest grade-point average, went to Kaitlin Marie Aardahl of Virginia Beach (B.S., liberal studies), and Sonya Evelyn Stowe of Dry Fork (B.A., modern languages). Each had a perfect 4.0 GPA. Kristen Casalenuovo of Appomattox (B.S., physics), received the Dan Daniel Senior Award for Scholarship and Citizenship.

Among the graduates was a set of triplets, Abby, Bonnie and Courtney Jones of Arrington in Nelson County. Bonnie and Courtney received a B.A. in communication studies, Abby a B.S. in community health education. Their late mother, Mary Frances Wood Jones, also was a Longwood graduate ('76), as is their sister, Jessica Jones ('03).

Another graduate who participated in the ceremony was Jerome Kersey, who enjoyed a 17-year NBA career, mostly with the Portland Trailblazers, after attending Longwood from 1980-84, during which he was a first team Division II All-American his senior year. Kersey, a Clarksville native who now lives in Happy Valley, Ore., Portland suburb, received a B.S. in social work after completing the two courses he needed.

"When I talked with Jerome at the Longwood Hall of Fame induction ceremony (last Nov. 27)," said Dr. Wayne McWee, vice president for academic affairs, "he told me that he wanted to graduate so that his daughter could be proud of her dad for graduating from college. He worked with Dr. Charles Ross (dean of the College of Arts and Sciences) and Dr. Theresa Clark (associate professor of social work)."

William J. "Bill" Gouldin Jr., president and CEO of Strange's Florists, Greenhouses & Garden Centers, also graduated, although he didn't

attend the ceremony. Gouldin, of Rockville, Va., a member of the Corporate Advisory Board in the College of Business & Economics, received a B.S. in business administration with a concentration in management. He has been working for about a year and a half to complete his degree requirements.

"I've been a student everywhere," he said with a laugh. "I attended Virginia Tech for almost two years beginning in 1966, then went in the Army, and while still in the Army and stationed at Fort Sill, Oklahoma, I attended night school at the University of Oklahoma and Cameron University, and when I got out of the service in 1971 I went to night school at the University of Richmond."

Dr. Melissa Rhoten, assistant professor of chemistry, received the Maria Bristow Starke Faculty Excellence Award; Dr. Alix Fink, assistant professor of biology, the Junior Faculty Award; and Dr. Jennifer Apperson, associate professor and chair of the Department of Psychology, the Student-Faculty Recognition Award.



COMMENCEMENT 2007

Longwood University awards 776 degrees

Longwood University graduates were urged Saturday (May 12) to "worship God, cherish family, enjoy work, give back and act now!"

Dr. Walter R.T. Witschey, who will join the Longwood faculty this fall after retiring as director of the Science Museum of Virginia, gave advice in several areas of life to the recipients of 672 bachelor's and 104 master's degrees. He has become prominent both as a Maya archaeologist and as a science educator.

"From now until the end of your life, you will spend an incredible 135,000 hours working," he said. "Enjoy it. Make a contribution. Work with people you like and admire. Shun poisonous personalities and mind-numbing tedium."

The Sally Barksdale Hargrett Prize for Academic Excellence, presented to the graduating senior with the highest academic average, was shared by Carol Anne Caldwell (B.S., liberal studies) of Prospect; Jennifer Royer Campbell (B.A., modern languages) of Amelia Court House; Phineas William Dowling (B.A., English) of Fairfax; Nathan Glen Landis (B.S.B.A., business administration with a concentration in computer information management systems) of Cumberland; and Abigail Leigh Taylor (B.S., liberal studies) of Midlothian. All had a perfect 4.0 grade-point average.

Dowling also received the Dan Daniel Senior Award for Scholarship and Citizenship.

The Maria Bristow Starke Award for Faculty Excellence went to Dr. Joseph Garcia, professor of geography and earth science; the Junior Faculty Award to Dr. Scott Cole, assistant professor of political science; and the Student-Faculty Recognition Award to Wayne Meshejian, assistant professor of physics and area coordinator of physics, who is retiring after 39 years at Longwood.

Dr. Witschey, director of the Science Museum for 15 years, is stepping down at the end of June. He will become a professor of anthropology and science education at Longwood, where he lectured in two courses last fall.

"Recent years have brought a new challenge to

teaching and mentoring for us all," he told the graduates. "Your predecessors in these celebratory seats left Longwood to join a world they understood - a world whose future they could predict for those they taught and mentored; a culture of great familiarity. You, by contrast, are entering an era in which we cannot foresee nor comprehend the world in which our children and grandchildren will live and work. As computer costs plummet exponentially, new and exciting technological and medical innovations will be the result. Custom-tailored medicines; greatly extended life spans; a nano-technology world with ultra-miniaturized machines, smaller than red blood cells; implanted human memory chips - truly an extraordinary world of rapid profound changes."

"As leaders and role models, you must prepare those who follow for a world you cannot see or forecast today," he continued. "This demands your utmost skill, attention and dedication - to inspire a sense of lifelong learning in others, as you have acquired that sense during your journey here."

The world contains "abundant signals" of the existence of a deity, said Dr. Witschey, who quoted from the Old Testament books of Proverbs and Job. "The signs are both natural and external and personal and internal. The signs say there is more to our universe than science can understand, there is more to humanity that what we observe, there is more to our own needs than food and drink can satisfy. However you picture her, and in whatever form, worship God."

Members of one's family are "the dearest people on the planet," he said. "Do not leave this lawn to abandon them for a new life and a new career. Continue to make them a daily part of who you are and what you do. Furthermore, your closest friends are now part of your family. You choose each other. Cherish them as well."

Dr. Witschey also urged graduates to "give back to community and give back to profession" and to not delay. "To give, to vote, to decide, to stop global warming, to change public education, to take the next personal life step - act now. During World War II Churchill often added this note to his memos: 'Action this day!' I never worry about action, but only about inaction."

Student VIRGINIA *Education* Association

The Student Virginia Education Association is an organization designed for students who are preparing to enter the teaching profession. The SVEA was created to promote the visibility of future teachers on college campuses and in the school community. The SVEA provides many benefits to its members. Events such as workshops, meetings, and conventions provide many opportunities for the members to learn about current news in the teaching profession as well as activities to use in the classroom.

The Longwood SVEA chapter held numerous programs each year. Events such as a Children's Holiday Party, Professional Attire Fashion Show, and a Scholastics Book Fair were a few of the programs the SVEA provided for the members. These events helped to promote the organization as well as offer positive experiences to the members. Specifically, the Professional Attire Fashion Show provided useful "dos and don'ts" of teaching attire. In addition to the activities within the Longwood community, the SVEA attended many state events such as the SVEA Convention and the VEA Convention. The workshops at the SVEA Convention were very useful. The workshops varied from information about the SVEA itself, to activities to use in the classroom. The chapter also participated in extra curricular actives such as hiking and caving with the help of the chapter advisor Dr. Stephan Keith.



In the spring of 2006, some of the members went canoeing down the James River.



Taking a break while canoeing on the James River!





The SVEA provided numerous workshops for the members following the monthly meeting.

Longwood's Annual Scholastic Book Fair was held in Spring Semester in Hull, Longwood University campus.



Five of the members stop for a quick picture between workshops at the SVEA convention.

The members of the executive committee prepare for the general body meetings.



The SVEA convention provided many workshops for the members to attend.



Student GOVERNMENT *Association*



The Longwood Company of Dancers is the resident dance company at Longwood. Under the direction of award winning choreographer Rodney Williams, the company explores many different styles of dance such as African, Modern, Jazz, and Lyrical. The group of dancers presents three concerts each academic year. One is performed during Longwood's annual Oktoberfest, and the other two are performed at the end of each fall and spring semester. Choreography is created by the director, guest artists and company members. In addition to the annual shows the company travels all over the country for various performances and workshops. The company also hosts several guest artists and performers or workshops and shows in the dance studio.

The Longwood Company of Dancers is recognized by the National Dance Honor Society, Nu Delta Alpha. In order to become member of Nu Delta Alpha one must be a member of a college or university dance company while maintaining a 3.0 cumulative grade point average. Several of the dance company members have been inducted in to Nu Delta Alpha. In order to be considered member of the Longwood Company of Dancers one must go through an intensive audition that tests all different techniques of dance. Auditions are held at the beginning of each semester.

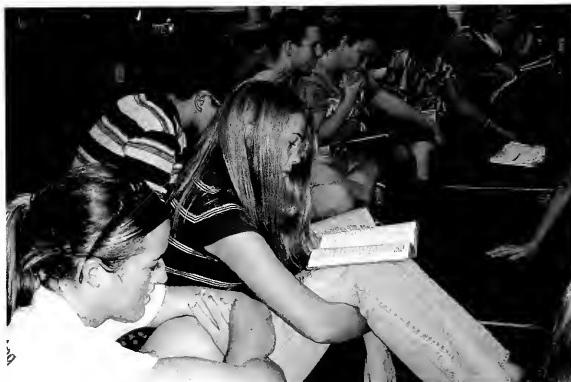
The LONGWOOD *Company* of Dancers



Baptist COLLEGIATE *Ministries*

BSU (Baptist Student Union,) a student-led Christian organization on campus, changed its name to BCM (Baptist Collegiate Ministries.) However, they continued as the same great organization. Their regular weekly activities were Thursday night programs and small groups for guys and girls. Other activities included retreats, service projects, state conferences at Eagle Eyrie, speaking in churches, Friday fun nights and the BSU Ball. A new ministry hosted local children at the Baptist Student Center for a "Hallelujah Harvest" party. This party featured costumes, candy, carnival-type games and a Halloween story, with the students serving as mentors.

BSU/BCM focused on both inward and outward growth. The students matured in their personal spiritual development while reaching out to serve others. The students raised money for summer missions by having spaghetti dinners and dessert auctions in local churches and having spring auctions. They exceeded their \$6,000 goal every year! The mission trips were always a highlight. They did roofing in the Bahamas. After hurricane Katrina, they took two trips to the Gulf Coast to help with the recovery efforts. They held a Bible school for underprivileged children in Appalachia and worked with Muslims in Paris. These life changing trips helped prepare students for future service.







Residence

HALL

Association







Unity ALLIANCE

The purpose of Unity Alliance, also referred to as UA, is to first and foremost promote diversity, tolerance, acceptance, and education on Longwood University's campus. Our goal is also to encourage and support our Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) students in becoming a more integral part of the Longwood community. We also strive to educate Longwood University's student, staff, and faculty members on issues pertaining to sexual orientation. UA advocates the rights of all students as well as address claims of discrimination, biased incidents and hate crimes on campus. We promote acceptance and unity through the many diverse events we hold on campus.

The events are kicked off in October with National Coming Out Day. Unity puts on some kind of event to recognize the day which, held world wide, promotes awareness of LGBTQ families living honest and open lives, and ensuring and support other LGBTQ students who may fear coming out that they are not alone. In December, our popular Drag Show is held annually to coincide with World AIDS Day to increase awareness and educate students on fact and fiction and on what they can do to help stop AIDS. The show often brings professional "queens" from Richmond, VA Beach, even as far as Washington DC. In

April UA as well as a large chuck of the campus participate in the Day of Silence. One of the largest student led-actions in the country, this day is celebrated in complete silence to echo the silence that LGBTQ students endure everyday. It is held to bring attention to harassment and discrimination towards LGBT students and their allies in schools. In the spring of 2007 UA flew gay singer/songwriter Sacha Sacket all the way from California to perform a show for the LU students. These are just a few of the Events Unity Holds to educate students at LU on LGBTQ issues.

Membership in UA is open to all students, staff and faculty members of Longwood University. It is also open to any students, staff and faculty members of neighboring schools without an LGBTQ group. Commonly it is believed that if you're in Unity Alliance that you're gay. It is a "Gay & Straight Alliance" and in no way requires participants to be LGBTQ. UA avidly encourages that students not assume that because someone attends the club that they are gay, instead it promotes and appreciates the unity between its gay members and its straight ones, and looks at each as equals. UA accepts students for who they are, not who they love.



WMLU
91.3 FM

The Music of Longwood University







in our own words...

Commuters

Commuters come in all shapes and sizes, but they all have one thing in common: They are hard to pin down. Most commuters stick around for classes only, opting to talk to friends on the internet. But a few do float around campus, taking the time to use facilities not available at home. The biggest complain among commuters is less parking accessibility now claimed by the recreation center construction. Others find it difficult to balance chores and jobs while being swamped homework. But overall, most commuters agree that the likes outweigh the dislikes, even with looming gas prices. "Going home daily beats out most of the dislikes", says Senior Rebecca Wolfe "no packing and unpacking to move to and from school." Without the hassle of moving, commuters do not have the same stress level of on campus students, anxious for the summer. Despite that, commuters never seem to miss out on any fun to be had. And they always seem to have amusing stories about driving to and from school.

Relay for Life

in our own words...

Relay for Life is the American Cancer Society night long event that supports research for cancer, honors survivors as well as those who are battling cancer, and dedicates a time to remember those we have lost to cancer. At this community event, participants campout overnight, take turns walking around the lighted lawn, and take part in other activities. Former and current cancer patients, their families, and the public are invited to take part in this team event. Cancer touches the lives of everyone, in some form or another. Relay is a great way to help prevent and fight this disease.

The American Cancer Society recently recognized Longwood's 2006 event as the Top College and University Relay in its district and was recognized for raising \$29,593, for a total per capita of \$1.46. The 2007 event raised \$35,212 and surpassed corporate sponsorship, team recruitment, survivorship, and online fundraising goals. Thanks to Longwood University's and other Relay events in our region, the American Cancer Society has been able to provide a plethora of resources to our community.

in our own words...



Panhellenic Council

The Panhellenic Council is the official voice of all the sorority chapters. They work with campus organizations and offices to promote events at Longwood and work with the community of Farmville. They raise funding, volunteer service, and also aid in the police development for fraternity and sorority life. The Councils' service and philanthropies change yearly but they are most known for sponsoring Lip-sync, recruitment, sisterhood week, and faculty babysitting. They also can be found aiding in campus and community clean up, and fundraising for charities, on both the local and national level. The Panhellenic Council makes positive contributions to Longwood and are avid supporters of Longwood athletics. They host Greek games and co-sponsor events for family weekend and Greek week. The overall goal of the Council is to enhance the experience of fraternity and sorority life for their members. "We keep Greek Life on the same page." Says Karen Weiss. The Council works very closely with the Inter-Fraternity Council (IFC) and the Pan-hellenic Council (NPHC). All three councils meet at least once a month to work on service projects together and give updates on developments.

The Rotunda

in our own words...

Since 1920, Longwood has looked forward to the weekly production of The Rotunda. The Rotunda, Longwood's student-produced campus newspaper, provides informative and interesting reading to both students and faculty. For the past few years, The Rotunda has been under the leadership of Editor-in-chief, Amy Whipple. After Whipple's graduation in May of 2005, Janet Jones earned the position as Editor-in-chief. Advisors for the newspaper have included Lucinda Sinclair and Chad Harriss. Each week, The Rotunda comprises of pages of news and features articles, as well as seasonal sports coverage and arts and entertainment information. Also, the Props and Drops section and the cartoon always give the readers a laugh. Recently, The Rotunda has covered major events such as the unveiling of the new athletic logo, the long-awaited Ruffner's long-awaited rededication, and the construction projects of the new recreation center and Longwood Landings.



in our own words...

Honor Board

The Longwood University Honor Board is a hearing body composed of 13 members, elected from the student body to enforce and defend the Longwood University Honor Code, Honor Creed and Code of Conduct. "One of the most important pieces of Longwood is its honor code", comment many faculty members. The Honor Board meets every Monday night to hear allegations of offences that appear to violate the Honor Code. Any incident that contains a violation listed in the student handbook will be brought before the board. The first job of the Honor Board is to determine the responsibility of the accused student. If necessary the board will impose sanctions that are educational in purpose. The Honor Board believes students can learn from their mistakes and often tries to give educational assignments that challenge students to learn from their mistakes, and supports them in doing so.

New Tradition

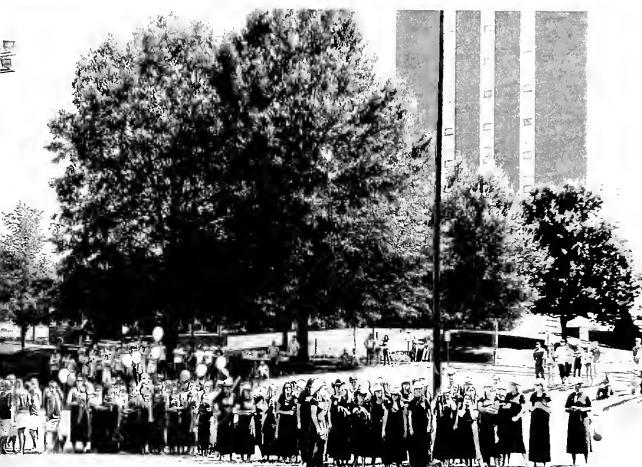
in our own words...

Breaking with tradition is always a controversial thing, but the idea to create a new athletic logo was ultimately a unanimous decision. With Longwood's rise to NCAA Division I, it was only fitting that the athletic logo reflects the change. Work on the new logo started during the 2005 fall semester when a group of nine graphic design students were chosen to take on the challenge. Broken into groups of three, each student created a set of sketches and ideas. Then, the group combined their ideas into one. Ideas were then critiqued as details were altered and reworked. "The hardest thing about creating it was having so many opinions," said Rachel Battleson. Athletic directors, coaches, and a board of directors assessed each round of thumbnails. "As a designer, you learn very quickly not to get too attached to any design because the client is going to kick it back for more adjustments, but then you finally land the design that satisfies the clients' every need, it makes it all worthwhile," said Brooke Hill. The unveiling of the finished product was met with a multitude of satisfied Longwood students. "I love the aggressiveness of the horse. It's nice and bold," said Thomas Santerre, one of the design students. The new athletic logo had met with success. The new logo is the perfect symbol for an up and coming Division I school. Representing the big dreams and changes underway, it will likely stand strong for years to come.

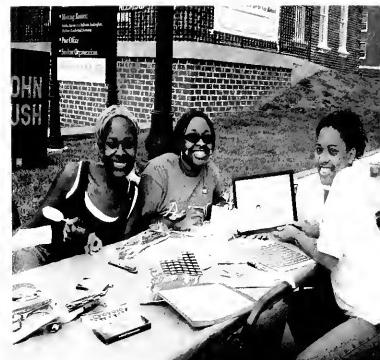
Walk & Recruitment

Recruitment is held each fall and spring semester by all sororities and fraternities. During the fall semester recruitment was very informal and lasted a week, through which there were various open houses. The potential members going through rush attended as many open houses as they wished. During the spring semester recruitment was formally structured and lasted only three days. On the first night the members participating, again visited every chapter. Throughout that time, the sororities, fraternities, and the potential members cut down their selections. The final day was most exciting, as the potential members picked up their bids and joined their new pledge group. Afterwards they lined up in alphabetical order and waited for their name to be called by the Sorority or Fraternity they chose to accept a bid from. During Walk, the bid day celebration, all of the Sororities and Fraternities gather and walk down to the field and stand in groups. The pledges then run in excitement, to their respected groups to be shirted with their colors and letters.





DST



Sigma Kappa







Alpha Sigma Alpha

Through bids, by other sororities, the friendship of five women was tested. In a stroke of brilliance they created their own sorority, keeping their friendship everlasting. Thus on November 15th 1901, Alpha Sigma Alpha was established. Their primary colors were crimson red and pearl white. The purpose was to cultivate friendship among the members, to elevate and ennoble womanhood in the world. Their motto to Aspire Seek and Attain served them well, when in 1958 they attained the Special Olympics as their philanthropic project. Alpha Sigma Alpha continues to take an active role within their

chosen project. "Our philanthropies are important to me because I come from a big family of teachers, many of them being special education teachers. It makes you appreciate those who do it everyday for a living." Says Kara D. Lindsey. On Valentine's Day, February 14th 2005, they launched a campaign to raise funds and promote awareness by recycling used cell phones in honor of their 30-year history. At the ending of the campaign on January 30th, 2006, it was proven to have been a success and touched the lives of all the athletes.

by Nicole Scott

Motto: Aspire, Seek, Attain

*Founded: Nov. 15, 1901
Longwood University*

Philanthropies: Special Olympics

Official Color: Crimson, Pearl White, Aplm Green, Gold

Official flower: Narcissus and Aster

Official jewel: Ruby and Pearl





Zeta Tau Alpha

The sisters of Zeta Tau Alpha are committed to excellence on the campus of Longwood University. ZTA was founded on October 15, 1898, at the Virginia State Female Normal School, which is currently our campus Longwood University. Since this is the Alpha chapter of ZTA, the sisters take pride in their hard work of maintaining a great reputation of friendship, service, leadership, and a commitment to high academic achievement. The philanthropy for ZTA is Breast Cancer Education and Awareness. They work closely with the NFL, THINK PINK!, Yoplait, and the Susan G. Koman Race for the Cure.

There are several programs that ZTA participates in to raise money for their philanthropy. Every year they host a male beauty contest called, Best Man On Campus, which brings together all the sororities on campus together to help raise money for Breast Cancer Awareness. Also, the ZTA ladies participate in a program called Stand Up! Stand Out! with the sorority Kappa Delta which help Greek women to help with self-confidence and empower the women in your chapter. The month of October is a big month for the ladies of ZTA because it is Breast Cancer Awareness month. During this month, you can find the girls in the Dorrell Dining Hall passing out breast cancer key chains and shower cards for self breast exams. Zeta Tau Alpha a great organization with a lot to offer...and that Zeta turquoise is just fabulous!



Sigma Sigma Sigma



Motto: Faithful unto Death

*Founded: April 20, 1898
Longwood University*

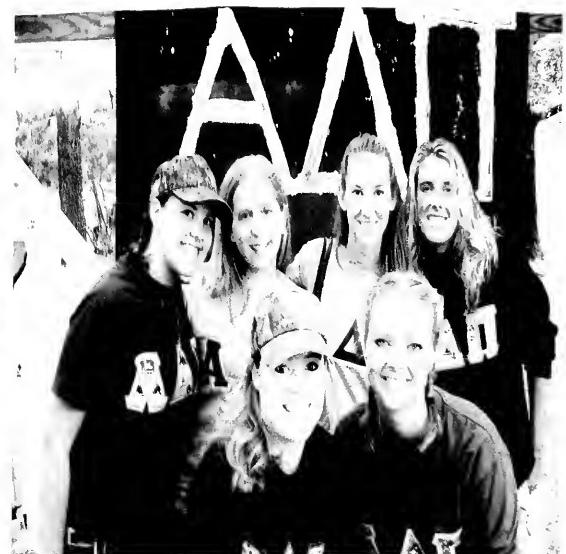
Philanthropies: Robbie Page Memorial

Official Color: Royal Purple and White

Official flower: Purple Violet

Official jewel: Pearl

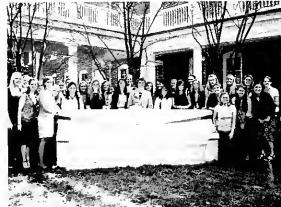




Alpha Delta Pi

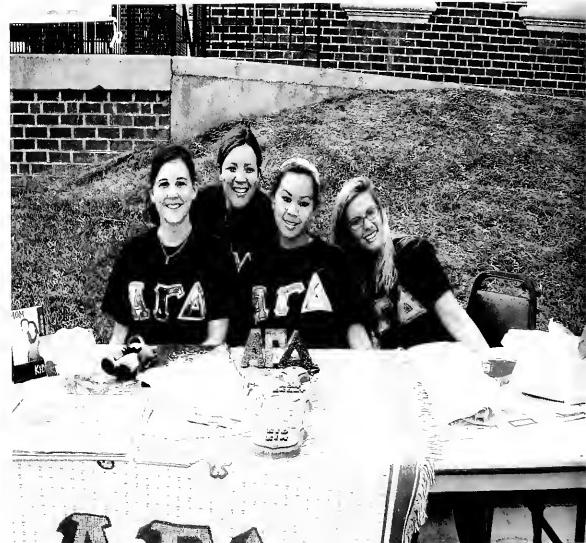


Kappa Delta





Alpha Gamma Delta



Alpha Sigma Tau



Delta Zeta



Delta Zeta, Epsilon Tau chapter has been active on Longwood University's campus for over fifty years. We locally support the American Cancer Society, and each year, host the ceremony for Relay for Life on campus. This is a big event at Longwood, and not only involves the students here and at Hampden Sydney College, but also residents from Farmville and other neighboring counties. We have a high number of service hours within the sorority, and we hold several fundraisers in order to donate money to different organizations. One of our most popular fundraisers is Daffodil Days, which is when we sell fresh daffodils and send all of the proceeds to the American Cancer Society.

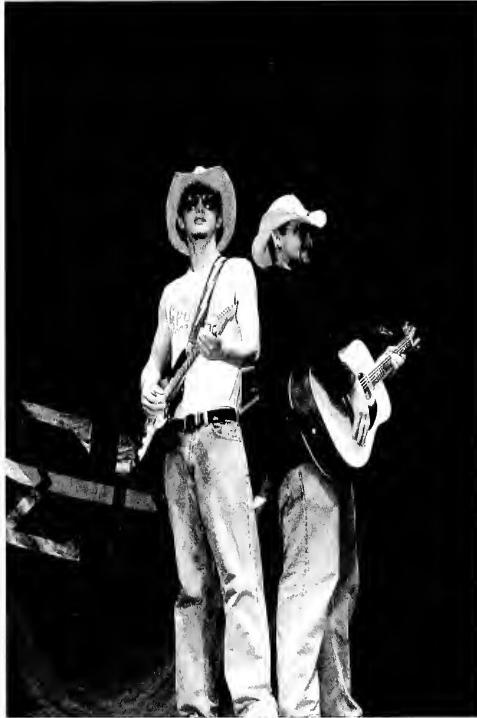
Every Delta Zeta sister is also involved in at least one other organization on campus. Just a few of the many organizations we participate in include Alpha Lambda Delta, Sigma Alpha Pi, Habitat for Humanity, S.E.A.L., Order of Omega, American Marketing Association, Mortar Board, Longwood Ambassadors, Judicial Board, the Dean's Student Advisory Board, and the Orientation and Peer Mentoring Program. Delta Zeta's purpose is to unite its members in the bonds of sincere and lasting friendship, to stimulate knowledge, to promote the moral and social culture of its members, and to develop plans for guidance and unity in action.



NPHC

The National Pan Hellenic Council is comprised of the nine historically black sororities and fraternities. The council here at Longwood consists of six of the nine. Their goal is to promote Greek unity through programming and community service. NPHC programs include the Step Expo performance, black history programs, and game nights. They also participate in involvement fairs and sponsor the spring step show, a cookout, and various community service projects. The executive members of the Inter-fraternity Council, Pan Hellenic Council, and National Pan Hellenic Council form the Tri-council, which meets once a month to discuss upcoming events and identify ways they can collaborate. "The hardest thing about being an officer is effectively reviewing the previous year's accomplishments and failures while creating your own vision and executing the goals that best benefit the whole." Says Tawana Nowlin. All three councils effectively collaborate on both Lip Sync and Step Expo.





LIP SYNC

For pledges in both Sororities and Fraternities Lip-Sync Night can be both exciting and nerve racking. Students who are hoping to join a fraternity or sorority practice for days before getting up on stage in front of their fellow Lancers to perform the dances they themselves have choreographed. The Lip-Sync event takes place once a semester, and it is not only an opportunity for new Greek life recruits to strut their stuff,

but it is also an opportunity for money to be raised for various charities, both local and nationwide. This year nine sororities competed along with four fraternities. While all the competitors did a marvelous job in choreography, over coming stage fright, and having fun on stage, the sorority Alpha Sigma Alpha won overall.

Freshman Amber Whitley says "Lip-Sync

was a good experience learning to work with my new sisters." Lip-sync benefits many, through entertainment for the students and faculty, raising money for charities, and the bonding of the new members.



APA



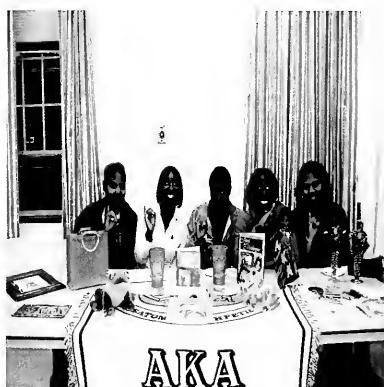
STEP



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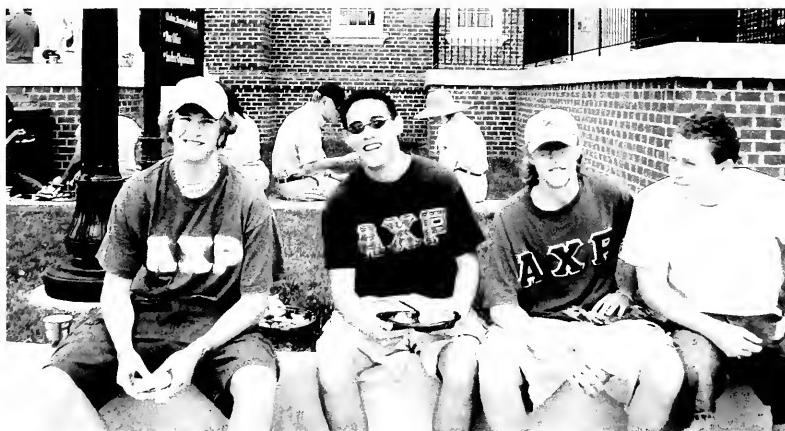
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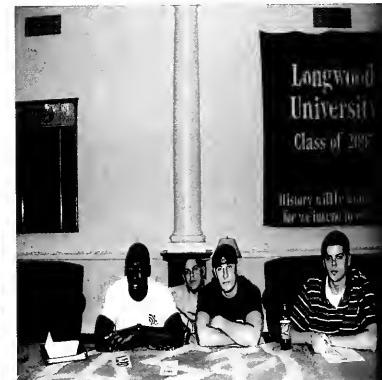
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PKT



ALPHA SIG





AET



GREEK LIFE

Record Your Memories Here

**Longwood
University
Graduates
2006**



KAITLIN M AARD AHL



WHITNEY BROOKE ADDERHOLDT



TRACY LYNN AGNEW



TIMOTHY JOSEPH ALLAIRE



JOSEPH ANDREW ALLEN



KIMBERLY TIFFANY AMBROSE



GABRIEL WAYNE ANDERSON



JACOB CHARLES ANDERSON



NIKKI LIN ANDERSON



SHAYLA CHARTERIOUS ANDERSON



MELINDA SUE ARNER



BRENDA ELLEN ARTZER



CHELSEA SUMMER ATHERTON



CAROLINE WHITNEY AYSCUE



MATTHEW CANDLER BABBITT



AMANDA JANE BAILEY



MICAH EDWARD BAILEY



ELAINE JULIA BARRETT



LEAH MAE BARRON



DEEDRA DAVIS BARTOS



EVAN MICHAEL BASS



CHRISTINA MARIE BATTAGLIA



ROGER WAYNE BAUGHAN



HEATHER MARGARET BEAN



ANNA MARIE BEARDEN



MEGAN MARTIN BEAZLEY



CHRISTINA ELAINE BEISHEIM



JASON GREGORY BENNETT



ERIC PAUL BERNAZANI



THOMAS SCOTT BERNIER



ERIN CLAIRE BERO



KYLE ROBERT BIDDLE



EMILY ANN BIKOWSKI



LAUREN MEREDITH BITTNER



NIKIEYA ALICIA BLACKMAN



MELISSA ANN BLACKSTOCK



CARTER L BLAND



KRISTIN RENEE BODLING



MATTHEW FRANCESCO BONO



KATHERINE RENEE BOOKER



TIMOTHY JAMES BOVILL



JENNIFER LYNN BOWEN



BRIAN THOMAS BOWMAN



KRISTINE ROSE BOYD



PATRICIA DAWN BOYER



ANDREW SAMMIS BREED



MICHELLE RENEE BRIGHT



ASHLEY MARIE BROSNAH

>



CLARISSA RAYE BROWN



ABBY THOMAS BRUCE



HANS JACOB BRUESCH-OLSEN



ANN DICKERSON BRYANT



AMANDA JEAN BUERKE



ASHLEY DARRELLE BUNDY



PAUL DENNIS BURFORD



AMANDA ELIZABETH BURNETTE



JOHN WINFIELD BURTON



NICOLE LYNNE BUTLER



NATASHA MARIE CABALLERO



CHRISTOPHER RICHARD CAMPBELL



MARGARET CAROLINE CAMPBELL



SAMUEL LIVINGSTON CAROTHERS



MEREDITH LYNN CARR



SARA LYNN CARR



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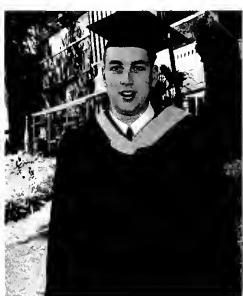
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LYLE SCOTT CASSELL



BROOKE LINDSEY CAVANAUGH



EDWIN ENOCH CHAMBLIN



LINDA FAYE CHANEY



KAITLIN MARIE CHURCH



VALERIE PATRICIA CINCINELLI



ALMA NICOLE CLARK



MORGAN MARIE CLARK



CHRISTINE MARIE CLAY



KRISTEN LEIGH CLINGENPEEL

>



RICHARD DANE COATES



MARISA ALLYN COHEN



SAMANTHA BETH COHEN



BETHANY ANN COLECCHI



ANNA RUTH COLLINS



JOSEPH MICHAEL COMPTON



STEPHANIE BLAIR CONDON



ASHLEY BROOKE CONNER



ELIZABETH COPE CONNER



WILLIAM RANDOLPH COOKSEY



MARQUITA COPELAND



NICHOLAS ELLIOT COSSA



JENNIFER ALICIA COSTA



JENNIFER LEIGH COSTA



AARON MICHAEL COTHERN



VANESSA ANN COWELL



BAILEY MARIE COX



VICTORIA HOPE COX



DERRICK WAYNE CRABTREE



SARAH JEAN CRANE



MATTHEW LEWIS CRAWFORD



THERESA DELORES CRAWLEY



ANTHONY WARREN CREWS



ASHLEY MARIE CROSS



SARAH MARIE CROW



KRISTINA RAE CUMMINGS



CRYSTAL MICHELLE CUPP



KEYDRA CHARMIANE CYPRESS



JOSEPH ROBERT DALY



JOANNA MARIA DAMARE



CHRISTIE VANDIVER DAVIDSON



SARAH ELIZABETH DAVIS

>



SARAH ELIZABETH MADISON DAVIS



SHEILA JANE DAVIS



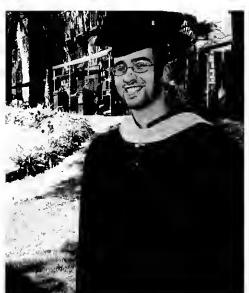
SHERYL CHRISTINE DAVIS



SOMER LYNN DAVIS



CAROLYN FAZE DAVIS-SMITH



JOHN ROBERT DEL CORSO



KATHRYN ELIZABETH DELUCA



CASEY LEIGH DERTZBAUGH



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MARY ELIZABETH DICKERSON



ROBERT SHAWN DIGGS



LAMONT NICOLE DIXON



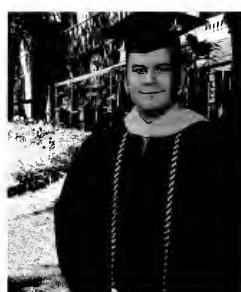
MONICA NICOLE DIXON



ERIC STEVEN DODD



TRAVIS SCOTT DODGE



THOMAS JOHN DOLAN



JUSTIN EVAN DORSK



DANIEL ANDREW DOUGHERTY



LAINÉ ELIZABETH DOWELL



STACEY NICOLE DUDDING



JESSICA RYAN DUDLEY



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CHRISTINA MARY DUERR



ADAM HARPER DUGGER



LINDSAY ELIZABETH DUNCAN



PAULA KAY DUNCAN



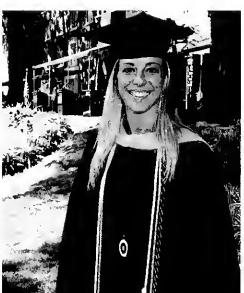
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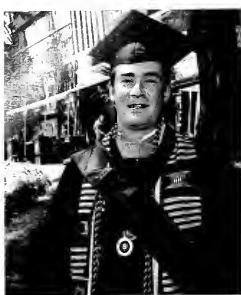
MEGAN NICHOLE EDGERTON



ELIZABETH LEE ELDREDGE



MICHAEL RAY ELLIOTT



DAVID LEON ELLIS



SARA KATE EPPS



REBECCA PAULA ERIE



JENNIFER LEIGH ESCOBAR



MELISSA ANTOINETTE ESPOSITO



NATHAN VINCENT FACCHINA



KATHY LYNN FARMER



JENNIFER VENESIA FARNETH



JESSICA LEE FARR



MELISSA KATE FERRIGNO



LINDA KATE FICKLIN



JEREMY CLAYTON FIELDS



THOMAS ATKINSON FIELDS



JOCELYN RENEE FITZGERALD



ALEX CLAY FITZHUGH



WHITNEY ERICA FLEMING



WILSON REESE FLORY



STEPHEN COLE FLOYD



BRENDAN ALAN FOLEY



MARGUERITE MONETTE FORKER



RYAN LEE FOSTER



ANGELA MARIE FRANCIS



KATHERINE KELSEY FRASER



RAMONA KAYE FRAZIER



STEVEN PAUL FRAZIER



KRYSTAL LEIGH FREELS



REBECCA MARIE FUHRKEN



ROBYN KAYLYN FULLER



DAVID ALAN FUQUA



JAMIE DENISE GALLIUGH



SUSAN LYNN GARDNER



JENNIFER RUTH GARRETT



COURTNEY ANNE GARTMAN



TERESA GAIL GEORGE



NAKELIA DEJOIE GILLIAM



CAROL HUGH GILLISPIE



VIRGINIA ELEINA GILLS



SEAN L GILMER



JONI ELIZABETH GINDA



DANIEL EDWARD GLENN



CAYCEE NICOLE GOAD



LESLIE NICOLE GONNER



CHRISTINE PAMELA GOODWYN



MARGARET KIMBERLY GOODWYN



MALLORY BLANTON GORDON



RACHEL MARIE GORDON



KIMBERLY REBEKAH GOODE



KIMBERLY ELIZABETH GRAGNANI



JOSHUA MICHAEL GRAND



NATHANIEL CLAIBORNE GRANT



MARGARET KATHLEEN GREANY



MEGAN LYNN GREENE



COURTNEY MARIE GRIFFIN



LINDSEY RENEE GRIFFIN



ROBERT EDMUND GRIFFITH



MELISSA ANNE GRILES



JOHN RICHARD GROSS



AMANDA CLAIRE GUCKIAN



TOBIAS GUENNEL



BRANDI LYNN GUESS



SARAH JANE GUMKOWSKI



JANYA EMILY GUSEWELLE



MARY KATHRYN GYURISIN



ALLISON ANN HACKER



HEATHER REBECCA HADLEY



BRANDY LEIGH HAGER



JOANNA MARIE HALL



KELLI MARIE HALL



KATHERINE ANN HALLADAY



JONATHAN MICHAEL HALVORSON



CLAUDIA MOORE HAMILTON



JULIE GAIL HAMLETT



CHRISTIE LYNN HAMMACK-GINTHER



AMY LYNN HANNAH



AMANDA ROSE HARRIS



ASHLEY MONIQUE HARRIS



MATTHEW JOSEPH HARRIS



CHARLES VALENTINE HARRISON



KATHARINE GAYLE HARRISON



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KAREN ANN HASINGER



SHANNON ELIZABETH HATTER



DEBORAH VANESSA HAW



JESSICA BRINKLEY HAYES



ALEX BENJAMIN HAZELWOOD



ALISON LEE HAZELWOOD



PAMELA LYNNE HEADLEY



ALLISON KIMIKO HEATH



AMY KATHERINE HEIDENREICH



AUDREY LACHELLE HENDERSON



JENNIFER LYNELL HENNESSEE



KIMBERLY SUSAN HERBORN



STEPHANIE PAGE HICKS



HOLLEE ELIZABETH HIGBEA



CHELSEA VICTORIA HIGGS



DANIEL WESLEY HIGHTOWER



BROOKE ALLISON HILL



James Willis Hildrup Jr.



AMANDA GAYLE HILSMAN



HILLARY ANN HINKLE



MATTHEW RYAN HINSHAW



SARAH MARGARET HITCHINGS



GRACE KIMBERLY HOCKADAY



JACQUELINE KARYNRUTH HODGES



JOSHUA PARK HOFFMAN



ASHLEY ELIZABETH HOLCOMB



KATHRYN EMILY HOLL



Laura Tracy Holliday



ASHLEY ELIZABETH HOLMES



HANNAH MARY HOLMES



KENNETH ANTHONY HOPKINS



CAROLYN ANN HOWARD



KATHERINE ELIZABETH HOWARD



ASHLEY MARIE HRICKO



JENNIFER MAE HUDDLESTON



AMANDA NICOLE HUGHES



THERESA LOUISE HUGHES



LESTER EARL HUMPHREY



MORGAN SUZANNE HUNT



ELIZABETH FEREBEE HURDLE



DEBRA CAROL HYLTON



ODESSA HOLLEY IRONS



RITA LEE JACKSON



MICHAEL ANDREW JAEGER



DAVID RICHARD JARMAN



KATHRYN MARIE JEFFERSON



DAVID GLENN JENKINS



KATE ELIZABETH JENKINS



KELLEY NICOLE JERNIGAN



WILLARD HERBERT JETER



ADRIANNE JEANETTE JOHNSON



KATHRYN FINCH JOHNSON



KEVIN DANIEL JOHNSON



KRISTINA ANNE JOHNSON



SARAH ASHLEY JOHNSON



TERESA LYNN JOHNSON



TIFFANY WADE JOHNSON



ABBY JO JONES



AMANDA MICHELLE JONES



BONNIE LEIGH JONES



COURTNEY FRANCES JONES



JANET LYNN JONES



JESSICA ANN JONES



KELLY ELIZABETH JONES



STEVEN MARK JONES



PAULA RECCHIO JOSEPH



LIANNA MAY KAKER



JEFFREY BRIAN KECKES



TRUDY LEIGH KELLAM



CATHERINE ELAINE KELLY



KATHERINE JEAN-ANN KENDALL



JEROME KERSEY



KIMBERLY MICHELLE KIELOCH



MARGARET DYE KIRK



KEVIN MICHAEL KLINE



PHILIP CURTIS KLINEBURGER



CASEY ERIN KLUGE



DARIN ALAN KNICELY



ASHLEY BRYNN KOENIG



ERIN JONELLE KONRAD



AMANDA LEIGH KREGIEL



JACOB VENTURA KREKORIAN



RACHEL VENTURA KREKORIAN



KRISTEN GRACE LANIER



STEPHANIE MICHELE LARRICK



BRYAN NEIL LAUBENTHAL



ANGELICA NOEL LAWSON



SANDRA CHARITY LAWSON



LATANYA CHARITY LEONARD



SARAH NICOLE LERCHE



MATTHEW ALLEN LEVINE



AMANDA LACEY LEWIS



ELIZABETH CAROLINE LEWIS



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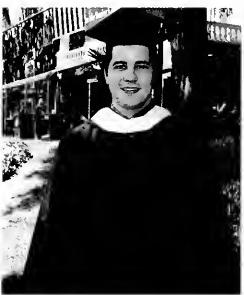
BROOKE ELLEN LINEBERRY



AMANDA MARIE LIPPA



APRIL MARIE LOCKLEY



JASON LOWELL LONG



WHITNEY SHAE LONG



SARAH KATHLEEN LONGO



JOHN ALBERT LORE



NICOLE RENEE LOSCO



BROOKE GIBSON LOVE



JODI ALLYN LOVELESS



JORDAN LAYNE LOWRANCE



DANA MICHELLE LUKE



MATTHEW TODD LUSK



LYDIA TATIANA LUTCHENKOV



SHANNON HARRIS MAITLAND



EMILY JEAN MALONEY



GRACE ELAINE MARBELIA



CARISSA NICOLE MARTEL



MARY ELIZABETH MARTIN



STEPHANIE LYNN MARTIN



KRISTEN ELIZABETH MARTINEZ



MINDY KATHRYN MASON



SHANI ELAINE MASON



ADRIAN GERARD MASSIE



EBONI TRASHAWN MATHEWSON



NICOLE FRANCES MATSON



NICOLE LYNN MATTHEWS



ANGELA MAE MAYBERRY



JENNIFER NICOLE MAYO



KRYSTAL DAWN MAYS



MEGAN CLARK MCABEE



ANGELA KAY MCAULAY



WHITNEY FRANCES MCCAHILL



KIMBERLY ANN MCCONAGHY



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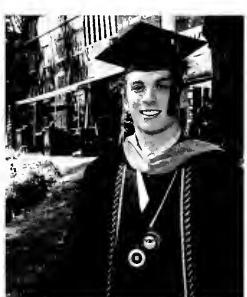
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SHANTELL LEIGH MCLELLAN



CHARLES ERIC MCMILLAN



EMALEE RYAN MCMULLIN



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BRIAN DANIEL MECKSTROTH



RYAN PETER MEDEIROS



JESSICA LEI MENTEER



REBECCA ELIZABETH MICHALSKI



STEPHEN JOEL MILES



JONATHAN EDWARD MILLER



DEIRDRE MILLIGAN



KATHERINE LOUISE MILTIER



ASHLEY RYAN MITCHELL



JULIA KATHERYN MITCHELL



ANDREA RENEE MOLZON



APRILANN RUSTY MONROE



ASHLEY RAE MOORE



SENTRAL ASHLEY MORAN



ANGELA DAWN MORRIS



LAURIE ANNE MORRIS



MARY ELIZABETH MORRISON



ROBERT BRANDON MOSBY



ALECIA MARIE MULLINS



PATRICK CULLEN MULLOY



LESLIE MARIE MURPHY



KEIR JAMIL MUSSEN



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KAREN CHARLENE NEWCOMB



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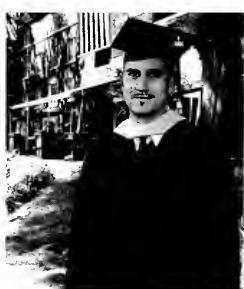
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HOLLY TRULOVE NOBLE



KARI ELIZABETH NORTH



MICHAEL ANTHONY NUNES



PHILIP ORIE NUSBAUM



ELIZABETH LOUISE O'DELL



FERNANDO JOSE OLIVENCIA



HOLLY HUNT OWEN



MATTHEW JOSEPH OWEN



ANGELA MAE OWENS



SUSAN ASHLEY OWENS



ENITAN IBIDUN OYEWOLE



MASON LYNN PACE



NIKESHA CAREE PARKER



EDWARD ANTHONY PARLATI



CAMERON REBECCA PARRIS



DUANE HOWARD PARTUSCH



KEISHA LATONYA PATRICK



PRESTON STEWART PATTERSON



AMANDA CHRISTINE PATTON



ERIN HOLLY PATTON



RACHEL ANNE PAYNE



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KIMBERLY SYLVIA PENDERGAST



ERIC DALTON PEREZ



GARY RYAN PEREZ



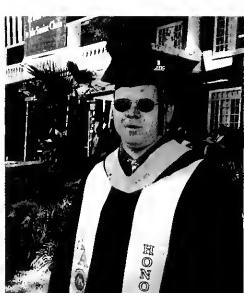
JONATHAN LAWSON PEROK



MEGAN MARIE PERRY



JEAN CAROL PETERSON



WILLIE CHAPPELL PETTUS



SHALYNN MARIE PHILLIPS



MEREDITH MARIE PINO-MARINA



LATOYA DOMINIQUE PITTS



JILL KATHLEEN POUDRIER



CHRISTOPHER JOSEPH PRICE



JULIE ERIN PRICE



MATTHEW BRIAN PRICKETT



BRADLY JOSEPH PRUETT



ALEXANDER ELIAS PSIHRAMIS



BETHANY JEAN RABABY



CHRISTINA DIANE RABEY



ANNE WHITNEY RAFFO



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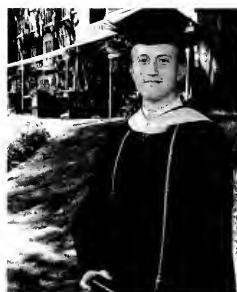
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CRAIG ANDREW REUSS



DANIEL T REYNOLDS



DIANA LYNN REYNOLDS



TIFFANY DANIELLE RICE



EVAN THOMAS RICHARDSON



KATHERINE PORTERFIELD RINACA



CLAUDE FULLER ROBERTS



LUCY DRAKE ROBERTS



NEDRA LEE ROBERTS



AMY LORETTA ROBERTSON



BENNETT BLAKE ROBERTSON



SCOTT WILLIAM ROBINETT



AMY LOUISE ROBINSON



FRANCES ELIZABETH ROBLES



LINDSAY HEATHER ROBSON



KATIE DAWN ROGERS



MATTHEW WILLIAM ROGERS



JENNIFER DENISE ROLLER



LISA MARIE ROLLINS



JOHN DOZIER ROME



JUAN CAMILO ROMERO



HOLLY ELIZABETH ROOP



NEAL THOMAS ROUTSON



LISA KATHLEEN ROWLAND



JENNIFER LYNN ROYAL



MATTHEW ANDRE RUEDINGER



MARILYN FRANCES RUMFORD



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MONET ELIZABETH SALVADORE



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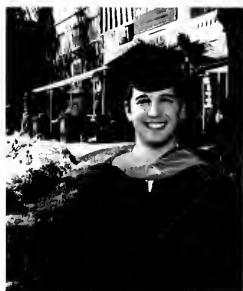
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PETER VAN SCANGO



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CARRIE ALISE SCHLIMER



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KIMBERLY ANNE SCHONTER



KELLY MARIE SCHWARTZ



CHARLOTTE RACHEL SCOTT



ERIN REBECCA SCOTT



KATHRYN ROSE SCOTT



SHERRI BROOKE SCRUGGS



STEPHANIE LEIGH SEABORN



JONATHAN WEBB SEAT



REBECCA LEE SENIUNAS



STEFANIE ALICE SENIW



ALISON CHRISTINE SHAFER



DANA WILLIAM SHAFFER



RENATA J. SHAFFER-GOTTSCHALK



ASHLEY MICHELLE SHARPE



MELISSA LANE SHEARIN



MISTY DAWN SHILLINGS



STEPHANIE ANNE SHIMP



JAMIE LEE SHUMAKER



MEGAN GREER SHURTZ



CLARENCE EVON SIMINGTON



MARVIN LEROY SIMMS



ANGELA MARIE SIMS



KRISTINE NICOLE SIMS



MARINA ELIZABETH SIZOW



AARIKA NICOLE SKELLY



DAVID ALLEN SKIPPER



ANN GRAY SMITH



TIFFANY LYNETTE SMITH



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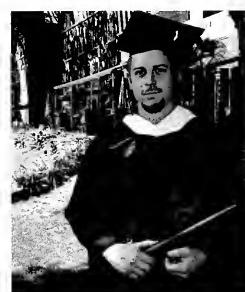
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SUSAN FLORENCE SOUTH



PHILIP SPARTA



LARRY MICHAEL SPENCER



BRANDY ALEXIS SPICER



NATASHA WOOLRIDGE ST. JOHN



STEPHANIE K STARGARDT



JAMES RAY STEPHENS



JACOB RYAN STETSON



ERIC ALAN STEVENSON



CHRISTINA MARIE STEWART



MARY BLANTON STOKES



TIA JANINE STONE



SONYA EVELYN STOWE



ASHLEY RAE STRANG



DAVID JOSEPH STREET



KELLY LEE STRENGE



KEVIN ANDREW STROSNIDER



ASHLEY NICOLE STULTZ



JACQUELINE MARIE SUDDARTH



COLIN MICHAEL SULLIVAN



KATHLEEN ELIZABETH SULLIVAN



JENNIFER PAGE SUMMERLIN



MIRANDA NICOLE SWECKER



CODY GARRETT SWIDER



ALICE MARIE SYNAN-TERPSTRA



BARTHELIA ANN TAYLOR



MEGHAN ELIZABETH TAYLOR



JAN TENPAS



BRANDON EARL TERPOLILLI



LAURA BROOKE TERRY



EMILY ANNE THOMAS



PHILLIP ALLEN THOMAS



HEATHER LYNN THOMPSON



MONICA ANN TIBBATS



TIFFANY ROSE TIMM



JESSICA ALLISON TITMUS



STEPHANIE LYNN TODD



PATRICIA ANNE TOWNSEND



VY THUY TRAN



ALLISON DENISE TRAUTNER



AMANDA GAYLE TREADWAY



JACQUELINE LEE TROTMAN



JACQUELYN DIANE TRUE



DANIEL GARDNER TRUMP



ANNA ALEXANDRA TSIRONIS



LINDSAY ANNE TUCK



BRAD WALLIS TUGGLE



HEIDI NICOLE TUNE



ALLEN VICTOR TUNSTALL



ALBERT JOHN TUONO



KENNETH RUSSELL TURNER



HOLLY DANIELLE UTZ



JOSEPH CHARLES VALICENTI



NATASHA SHEPPERSON VAUGHAN



RYAN WADE VAUGHN



LEANNA MARIE VERSCHAEVE



JAMES FRANKLIN VICKERS



ALLISON ELIZABETH WADLEY



JAMES LYNN WAHLGREN



COURTNEY NOEL WAKSMUNSKI



VIRGINIA LEE WALDMANN



MATTHEW JOSEPH WALENT



DAVID ERVIN WALKER



REBECCA DAWN WALKER



CHELSEA MARTINA WALLEN



JOY MARIE WALSH



MICHAEL JAMES WALTERS



AMANDA MARIE WARRINER



JESSICA LEIGH WATKINS



APRIL LEE WATSON



DEANNA KAY WATSON



JESSICA LYNN WATSON



MAGAN RENEE WATSON



MELANIE ANNE WEAVER



STACEY BLAIR WEBB



CANDY MICHELE WEEMS



JUSTIN LEVI WELCH



AMANDA KAYE WELSH



SIOBHAN MICHELLE WERHAN



BEVERLY ERIN WEST



RAY EVAN WHALEY



JENNIFER LYNN WHEELER



JENNIFER MARIE WHITAM



CAITLYN KENNERLY WHITE



GENEVIEVE LEIGH WHITE



KRISTEN ALICIA WHITE



LINDSEY NICHOLE WHITE



MARY JO WHITEHEAD



WILLIAM RICHARD WIITA



MARGARET ANNE WILKINS



JENNIFER LYNN WILLE



KAITLYN MEREDITH WILLIAMS



LIAH HYACINTH WILLIAMS



RUTH MAULE WILLIAMS



JENNIFER ERIN WILLOUGHBY



BRIAN PRESTON WILSON



EMILY CHRISTINE WILSON



GAIL FRANCES WILSON



MEGAN ROSE WILSON



REBECCA ANN WINNER



CHERYL MANDEVILLE WONSIK



BRITTANY LEE WOOD



TARA BLAKELEY WOODING



NICOLE HELENE WOOSTER



LAURA KATHERINE WORTMAN



KRISTINA LIAN WRIGHT



SEANA DANIELLE YATES



LOVEY TONISHA YORK



IAN ALEXANDER YOUNG



JESSICA LYNNE YOUNG



JODI MARIE YOUNG



SCOTT DAVIS ZAVREL

Longwood
University
Graduates
2007





ASHLEY ANTHONY



RACHEL ASHER



JORDAN ASHWORTH



MARY KATHRYN BABER



NICOLE BAIR



ALISA BANKS



STEPHANIE BARROWS



MARK BEISWANYER



ALYSSA BENDER



ROBERT BINGLER



SHANNON BLANKENSHIP



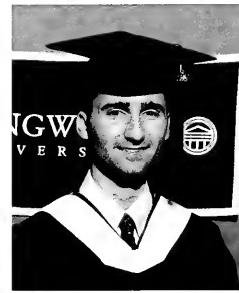
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DONNA JOY BOLTE



JESSICA BOSTER



STEVEN R. BRETSCH



ARTHUR BROWNING



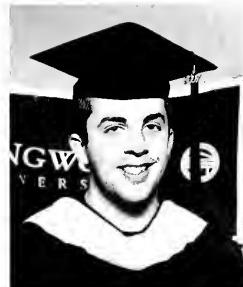
BRYAN BUCHHEISTER



ROMANA BUCUR



WILLIAM BURKE



STUART BURTON



CRYSTAL BUTLER



HEATHER BUTTERBAUGH



JENNIFER ROYER CAMPBELL



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ELIZABETH CAPINO



SALLY CARMICHAEL



PATRICIA CARROLL



ASHLEY CARUANA



ERIN CASEY



TRAVIS CLARY



WHITNEY CLAYTON



ROBERT COMPTON



VANESSA CONGDON



LISA COOKE



CAROLINE CRANK



ERIC CROWDER



SHELTON DANIELS



MAXINE DAVIS



MICHAEL DEMARR



RACHEL DENNY



MARY LEIGH DICKEY



ERICA DICKSON



JAMES DODD



JENNIFER ECKROTE



ROBERT EDBERG



ASHLEY EMERT



NICOLE FAISON



JAMIE FARRAR



STEPHANIE FETHEROLF



EMILY FISHER



RENEE FOLTZ



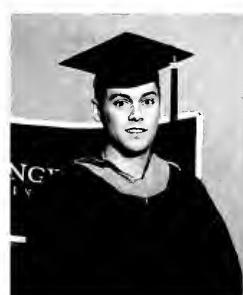
CLARE FURNISS VOHS



ERIN FURNISS VOHS



KIMBERLY GAINES



THOMAS GAUDET



SARAH GAYLE



CATHERINE ADAIR GLENN



PETER GOGGIN



ADRIA GOLDMAN



SYDNEY GORDON



PATRICK GORHAM



TIFFANY GRAVES



JOHN GREIS



ASHLEY GUPTON



JOSEPH HAGY



NATALIE HAINES



AMANDA HAMILTON



T MASON HAMILTON



KATHERINE HANRAHAN



OSSIE HARRIS



DEBORAH HARTMAN



AMANDA HASSELL



RENEE HASSELL



SHERRI HENSLER



CHRISTOPHER HOBECK



MEAGAN HUDGENS



JESSICA INGIE



CHRISTINA JOHNSON



CONTESSA JOHNSON



LORRAINE JOHNSON



SHARON JOHNSON



JESSICA JONES



JOHN MICHAEL JOYCE



MARIA KELLY



LEESA KLINGINSMITH



SCOTT KROGH



JESSICA LEMMERT



KEITH LICHLITER



PATRICK LLOYD



JENNIFER LUMPKIN



ELIZABETH MACCALLUM



LISA MCCOY



CRYSTAL MELNYK



LISA MEREDITH



TRAVIS MERRITT



RENEE MITCHELL



CLAYTON MORGAN



TAMRA MORRIS



JUSTIN MULKEY



LISA NEIGHBORS



KAREN NETTLETON



CATHERINE NORAAS



PETRA NYSTROM



ERICA OLNSTED



ANDREA PARKER



NAOMI PEARSON



KRISTINA PEET



SARA POSTON



MICHAEL PRATT



MEGHAN PRITCHARD



JULIA K PUGARELLI



LESLIE QUENNEVILLE



JOSHUA RAINVILLE



CHARNITA REAMON



LAUREN REED



KAREN REYNOLDS



STACY ROBERSON



RAYLENE ROSE



CARRIE ROSS



MELANIE ROSS



JAMIE SAUNDERS



COLLEEN SCHAMBER



NATASHA SCOTT



NATASHA SCOTT



NICOLE SCOTT



MELISSA SEAY



KELLY SELICK



KATHLEEN SHAW



LEANNA SHEARIN



JENNA SIMMONS



HEATHER SLUSAR



ASHLEY SMITH



STEPHANIE SMITH



TONJA SMITH



REBECCA STACEY



RAVEN STANLEY



CASSANDRA STEWART



KIMBERLY STRIPLIN



EMILY STRUGILL



TIMOTHY SULLIVAN



ASHLEY THOMPSON



TARYN TINSLEY



KARLY TREGER



TRACEY TURNER



COLEMAN UPSON



JENNIFER VAN OORT



NICHOLAS VAN VRANKEN



TABOR VESS



MALLROY WAKEFIELD



MICHELLE WELCH



KATIE WIDÉN



JUSTIN WILLIAMS



KATHRYN WITTE



ALYSON WRIGHT



KELLY YODER



ZACHARY ZIGRANG



KATELYN ZIOLKOWSKI



Longwood Athletics



BY THE NUMBERS

2004-05 Men's Cross Country		
Event	Place	Score
Virginia Tech/Festival in the Fields	9 of 9	221
Lou Onesty Invitational	11 of 12	312
Greensboro Invitational	1 of 3	30
Great American CC Festival	6 of 12	168
Disney Classic	20 of 31	530
William and Mary/Tribe Open	n/a	-
Virginia/Cavalier Open	n/a	-
IC4A Championships	17 of 17	523

BY THE NUMBERS

2005-06 Men's Cross Country		
Event	Place	Score
Virginia Tech/Festival in the Fields (6K)	8/8	219
Virginia/Lou Onesty Invitational (8K)	8/9	231
Great American Cross Country Festival (8K)	14/15	346
George Mason Invitational (8K)	4/8	122
Norfolk State Invitational (8K)	2/3	34
William and Mary/Tribe Open (8K)	4/5	104
Division I Independent Championships (8K)	8/8	198
IC4A Championships (8K)	15/24	-



2004-05 Men's Cross Country
Front, L-R: Ryan Foster, Wes Speec, Phil Thomas, Jamie Butcher, Chris Gibbs.
Back, L-R: Head Coach Rich Firth, Logan Wease, D.J. Palmer, Clint Myers, Mark Anderson, Keith Smith, assistant coach Kristel French.

Men's X-Country

Running to Glory

Beginning 2005-2006 and building on a successful previous season the Lancers started with a men's cross country squad of fifteen players coached by Rich Firth. Coach Firth, now in his fourth year, came to Longwood from Virginia Commonwealth University.

In the previous season Lancers emerged victorious at the Greensboro invitational and stole the show as they placed first on the road, with a score as low as 30. The men's team in the Great American Cross Country Festival even scored in the top half of many other competitive schools with a low score of 128.

The men's cross country team had many key races including the eight-kilometer races in 2005-2006 where they impressed the competition at both Norfolk State and William and Mary. The Lancers also made fantastic finishes in both the IC4A Championships and at George Mason where they scored in the top halves of the competition.

Among the top runners D.J. Palmer, Evan Kearney, Adam Hutton and Matt Gordon consistently led the pack including many finishes in the twenty six to twenty seven minute range on the eight-kilometer races. Palmer, Kearney, Hutton and Gordon all ranked among the top ten competitors at the Norfolk State eight-kilometer race.

There is no doubt that the cross country will continue to improve. In fact, with continued success the men's cross country team will steal the show in the near future and become a force to reckon with.



Freshman, Matt Gordon competes at William & Mary.





Freshman, Neal Livesay competes for the Blue and White.

Phillip Thomas & DJ Palmer pull ahead at the Virginia Tech 'Festival in the Fields'.



Junior Chris Gibbs represents for Longwood.

Sophomore Mark Anderson competing at William & Mary.

Women's X-Country

The women's team is unique in many ways. It begins with the new freshman runner Laura Bland. In 2005-2006 our women were successful at the Greensboro invitational. Furthermore, Kristin Novara not only led the Lancers but also set two school records in both the four and five kilometer races.

We find it is not uncommon for women's cross country runners to place in the top fifty of each race. Placing in the top fifty is a strong accomplishment as many races have over one hundred competitors. In fact, all but two of the Lancers placed in the top twenty-five in one or more races each.

This season the Lancers placed in the top half of three races and in two of those races scored below one hundred points, an excellent accomplishment.

It was not always this way. The Lancers have improved tremendously. In reviewing past race results, it is obvious the Lancers is a new team and includes a new class of runners. This team is young, and the coach remarks of the potential in almost every player. There is also a great deal of success in players' individual awards. Women's cross country has a history of significant all-state and academic honors. ESPN focused in on Jessica Walton for their magazine's all-district Division Three award. It was also no surprise when Jessica won the Athlete of the Year award and received the Henry Willet scholarship for her hard work in both academics and athletics.

With continued hard work, both the women and men will be extremely strong teams in the Commonwealth of Virginia and the nation as Division One competitors.





2004-05 Women's Cross Country
Front, L-R: Caitlin Moore, Jessica Walton, Lisa Wade, Lynette Robinson. Middle, L-R: Ashley Schoenwetter, Brittany Wyman, Tiffany Denby, Tiffanie Woods, Kristin Novara. Back, L-R: Head Coach Rich Firth, assistant coach Kristel French.

Brittany Wyman works it out at William & Mary for a Longwood victory.

Lynette Robinson pushes ahead to work out a win for Longwood.

BY THE NUMBERS

2004-05 Women's Cross Country

Event	Place	Score
Virginia Tech /Festival in the Fields		
6 of 10	176	
Lou Onesty Invitational		
8 of 8	236	
Greensboro Invitational		
1 of 2	17	
Great American CC Festival		
3 of 13	92	
Disney Classic		
14 of 32	413	
William and Mary/Tribe Open		
n/a	-	
Virginia/Cavalier Open		
n/a	-	
ECAC Championships		
19 of 20	468	



BY THE NUMBERS

2005-06 Women's Cross Country

Event	Place	Score
Virginia Tech/Festival in the Fields (4K)		
7/9	188	
Virginia/Lou Onesty Invitational (5K)		
8/8	221	
Great American Cross Country Festival (5K)		
15/15	372	
George Mason Invitational (4K)		
8/9	205	
Norfolk State Invitational (5K)		
2/5	57	
William and Mary/Tribe Open (6K)		
5/5	148	
Division I Independent Championships (5K)		
9/9	263	
ECAC Championships (5K)		
22/22	-	

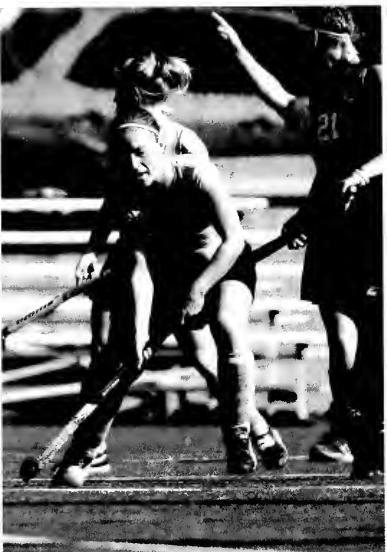


Lady Lancers unwind after a long day of practice.

Senior Jessica Walton proudly pulls ahead for the Blue and White.

2005-06 Women's Field Hockey

Front, (L to R): Lyndsay Owen, Cristin Newbold, Jennifer Wysong.
Second, (L to R): Erin West, Alexis Ramey, Danielle Woodie, Mary
Freeman, Megan Elgin, Avanell Schmitz. Third, (L to R): Katy Lerni-
han, Cherie Ratte, Sarah Hitchings, Shannon Ratte, Julie Price, Leah
Evans. Back, (L to R): Katie Murphy, Anne Hundley, Sarah Pederson,
Carra Bunner, Erin Murphy, Mary Danielle Basye
Basye



Amy O'Brien in competition is poised and focused as she advances the ball.



Women's Field Hockey

Hometown Experience

For the Longwood Field Hockey program the 2006 season marks celebration, as the Lancers will play their most home games in the last five years. The Lancers' new field will be the new Athletics Complex where the team will play on synthetic turf. Entering its final year of the four-year NCAA reclassification period, the Longwood Field Hockey program will also celebrate its 80th anniversary with a number of celebratory events. Leading Longwood into the 2006 season will be head coach Nancy Joel, who is heading into her ninth season at Longwood. Joel, who has accumulated a 73-70-1 record over the past eight seasons, feels the squad is ready to make its presence felt against both non-conference and conference opponents this season. "It has been a tough transition without an appropriate practice and competition facility. We tested the Division One waters last year, now we are ready to dive in and really compete," says Joel. "Two classes at Longwood have never seen a field hockey game, so we are looking forward to re-establishing our fan base and giving them some exciting entertainment." Longwood will enter its second season in the NorPac conference, which consists of Appalachian State, University of California, Davidson, Pacific, Radford, and Stanford. Coming off a 13-13 2004 overall record and 1-5 in conference play, Joel feels the 2006 squad is an established group, and playing in Farmville will help the Lancers and give them momentum. Longwood will play 10 of its 19 games at home this year, including all NorPac games. "We were the 'new kids on the block' in NorPac last year. This year we intend to make our presence felt, and having all conference games at home in our new field is a real confidence booster for us."

The Lancers will also welcome back 14 returning letter-winners from a year ago including seniors Anne Hundley, Katy Lernihan and Katie Murphy. "Our seniors have only had three home games in their playing careers; I am pleased to be able to finally bring them home to play," stated Joel. "All three have contributed much to our team leadership."



Mary Freeman is prepared to launch her shot to score for Longwood.



BY THE NUMBERS

2004-05 Women's Field Hockey

OPPONENT	W/L	SCORE
Monmouth	L	1-2
Rider	L	0-3
Georgetown	W	2-0
@ VCU	L	1-11
@ James Madison	L	0-6
@ Davidson	L	1-5
Radford (OT)	L	1-2
@ St. Francis (Pa.)	W	3-2
@ Robert Morris	W	5-0
@ St. Joseph's	L	0-3
@ UMBC	L	1-5
@ Virginia	L	0-8
Catawba	W	5-0
@ Towson	L	0-5
@ C.W. Post (OT)	W	2-1
@ Appalachian State	W	3-1
vs. Bellarmine	W	6-1

BY THE NUMBERS

2005-06 Women's Field Hockey

OPPONENT	W/L	SCORE
@ James Madison	L	0-4
Robert Morris	W	6-1
UMBC	W	1-0
@ Georgetown	L OT	2-3
@ VCU	L	0-1
Rider	L	1-2
@ Temple	L	0-1
@ #4 American	L	1-6
@ Virginia	L	1-3
SFU	W	6-2
Appalachian State	W	3-2
@ Radford	L	0-1
@ Stanford	L	0-3
@ CAL	L	0-8
@ Pacific Tigers	L	1-6
Davidson	L	0-1
Lock Haven	L	0-5

Mike Joyce concentrates on victory.



Kevin Johnson appears to chip a shot towards the green.



Practicing precision and patience, our golfer prepares for a strong finish.

Our golfers spend a great deal of time perfecting their put. In a local competition we see practice make perfect.



BY THE NUMBERS

2004-05 Men's Golf

Tournament	Place	Score
Bowling Green		
Eastern Kentucky	7/16	299-294-295-888
	9/12	295-298-295-888
James Madison Invitational	10/15	293-279-298-870
East Carolina	5/17	296-289-295-880
UNC Charlotte	13/15	295-301-295-891
Charleston Southern	t12/17	304-297-312-913
UT-Chattanooga	t5/7	316-326-311-953
East Carolina	t14/18	306-295-601
George Washington Invitational	t2/26	305
Longwood/Hampden-Sydney Challenge	1/2	280-296-576

BY THE NUMBERS

2005-06 Men's Golf

Tournament	Place	Score
@Rutgers Invitational	4/13	294-290-286-870
@Elon Invitational	t10/21	291-293-303-887
@James Madison Invitational	10/12	291-284-277-852
@Liberty Invitational	t5/10	310-293-303-906
@Campbell Classic	7/15	312-308-303-923
@Embry-Riddle Invitational	9/15	313-316-629
@Iona Invitational	4/8	310-309-619
@East Carolina Intercollegiate	11/15	300-286-313-899
Longwood/Hampden-Sydney Challenge	1/2	277-286-563
@Mount St. Mary's Invitational	2/10	310-320-299-929
@Dayton Spring Invitational	3/12	312-296-315-923

Men's Golf

Better than Under Par

Kevin Fillman, the ninth year coach of the Men's Golf team, when reviewing the past season stated, "I think we played a number of very solid rounds in some very tough, competitive situations. Even some of the rounds that didn't end up looking so good on the scoreboard had a few positives in that we played well for extended stretches. With that said, we also showed our youth at times by really focusing on things that you can't afford to think about when you're out there. That's an area we have to improve upon heading into the spring." However, Fillman was also optimistic looking into the future. He forecast that the Men's Golf team would be able to offer a great deal of competition for even older, more experienced teams. He was right! Not only did Longwood win the Hampden-Sydney competition, they came in the top four in the Mount St. Mary's invitational, Dayton Spring invitational and the Rutgers invitational. In fact, they also scored in the top half of four other tournaments.

It was also not uncommon for our men's golfers to score top ten personal best finishes in several of the major tournaments. In fact, three times (John Rosenstock, Mark Coradi) did a Longwood golfer score fourth, tenth, and eighth respectively. Lastly, we were witness to a school record at James Madison when Mark scored 64 on a difficult 18-hole course.

With talent, ambition and some good coaching there is little doubt we will see continued success.



Men's Golf Team

Left to Right: Kevin Fillman, Brett Chambers, Mark Coradi, Scooter Buhrman, Michael Joyce, Chris Shuford, John Rosenstock, Kevin Johnson, Allan Blanchard.

BY THE NUMBERS

2004-05 Women's Golf

Tournament	Place	Score
Appalachian State Intercollegiate		
3/14	303	
Eton Intercollegiate		
1/20	307-317-624	
East Carolina Intercollegiate		
t10/17	310-304-302-916	
Western Carolina Collegiate		
10/24	310	
Augusta State Invitational		
t2/14	319-322-641	
CSU San Marcos Cougar Invitational		
6/9	332-331-663	
Butler Invitational		
2/15	320-324-644	
Winthrop Invitational		
3/14	325-308-319-952	
William and Mary Invitational		
3/16	317-309-626	
UNC-Wilmington Invitational		
10/13	317-322-325-964	

BY THE NUMBERS

2005-06 Women's Golf

Tournament	Place	Score
Marshall/Lady Herd Fall Classic (54)		
5/8	973	
Eton Intercollegiate (36)		
6/18	613	
Great Smokies Intercollegiate (36)		
t-12th/24	601	
William and Mary Tribe Intercollegiate (18)		
t-4th/11	315	
East Carolina Intercollegiate (54)		
16th/21	29	
Butler/North-South Intercollegiate(36)		
3rd/17	634	
Winthrop/Shamrock Intercollegiate (54)		
t-3rd/13	972	
William and Mary Invitational (36)		
6th/18	648	
Bonnie Hoover Invitational-James Madison (36)		
11th/15	663	

Women's Golf

Few but Furious

The Women's Golf Team has had very successful past two seasons at Longwood. Beginning with the appointment of a new head coach, Allison Wright, it has brought new energy and drive to the team. The team has had a strong finish in several key matches. The team also conducted their first annual Glow Ball Tournament. This fundraiser to benefit the team was successful in allowing more funding to the program. Also important to the team was the All Scholar Team GPA award.

Longwood was recognized for having the highest collective average team GPA. The

Lancers ranked 19th in the top 25 teams

Another great individual success for the team was when Stephanie Hicks, now a graduate of Longwood University, won her third consecutive Virginia State Gold Association's Women's Stroke Play Championship. The tournament ended

with Hicks two over par

Just as Hicks has served as a role model for more than one member of the team, soon to fill Hicks' shoes will be Kara Spence who won Flight Three of the annual championships in the same year. She maintained low tournament scores on three different occasions and carried an 88.15 scoring average



Reading the slope and the grain, a Lancer guides one into the hole.



Stephanie Hicks competed at Williamsburg and was invited to qualify for their LPGA even-



Junior Petra Nystrom perfects her game.

Juniot Petra Nystrom practices at the President's House.



A walk in the rain may be expected for golfers but in the snow? The white, wet stuff does not seem to deter these two hardy Lancers keen on getting their practice.

Men's Tennis

An Ace in the Hole

Pat Breen has had a successful career so far at Longwood. Men's tennis has made large strides in competitions. In fact, Longwood has raised their win/loss record to nearly .500. In the last two years, Longwood Men's Tennis has had tremendous wins against Hampden-Sydney, George Mason, Collegiate and Georgetown, among many others. Many of their losses have been close games and their wins have often been shut outs. Men's tennis has even made impressive shows at several invitational tournaments. Both coaches have an extensive amount of experience that has been extremely beneficial including previous Division One coaching experience. Longwood success has been apparent as the team has begun a vast improvement on past years. Several players have had a significant role in this success. One of the record holders on the Men's Tennis team has been Chris Newman. Chris is carrying the fourth highest record in career wins. Up until his graduation, he was still advancing that to fight the current record holder, Gorjan Bilalagic who is twenty wins ahead. Two members of the team are international students – one from Germany and the other from Bulgaria. Tobias Guennel and Rashko Patnikov have been recruited to be part of a strong developing program

With continued improvement, people will fear these mighty Lancers!



A before and after shot of Ian Young shows his mental focus and energy, as well as enjoyment.



Rashko Patnikov has been known as a player with a strong forehand shot.

2004-05 Men's Tennis

Left to right: Assistant Coach Nick Mueller, Rashko Patnikov, Tobias Guennel, Chris Newman, Mani Barajas-Alexander, Ross McBee, Ian Young, Head Coach Pat Breen.

2004-05 Men's Tennis

Opponent	W/L	Score
<i>Liberty Invitational Tournament</i>		
n/a		-
<i>Hampton Roads Collegiate</i>		
n/a		-
Hampton	L	2-5
Norfolk State	L	2-5
Radford	L	1-6
Elon	L	1-6
Gardner-Webb	L	2-4
UNC Asheville	L	2-5
North Carolina A&T	L	2-5
Coastal Carolina	L	1-6
Stony Brook	L	1-6
Morgan State in Hampton Roads Elite 8 Collegiate		
W	7-0	
Old Dominion Hampton Roads Elite 8 Collegiate	L	0-7
<i>Hofstra Hampton Roads Elite 8 Collegiate</i>		
W	5-2	
Mary Washington	W	4-3
Hampden-Sydney	W	7-0
Richmond	L	1-6
Liberty	L	0-7
George Mason	W	7-0
Shaw	W	4-2
James Madison	L	3-4
Georgetown	L	2-5

2005-06 Men's Tennis

Opponent	W/L	Score
<i>Liberty Fall Invitational</i>		
n/a		-
<i>Hampton Roads Collegiate Invitational</i>		
n/a		-
<i>Wilson/ITA Mideast Regional Championships</i>		
n/a		-
William and Mary	L	0-7
Coastal Carolina	L	3-4
Richmond	L	1-6
Mary Washington	L	3-4
Howard	W	7-0
Hampden-Sydney	W	7-0
North Carolina A&T		
W	7-0	
Old Dominion	L	1-5
Morgan State	W	6-0
UNC Wilmington	L	0-6
Hofstra	L	2-4
Hampton	L	2-5
Norfolk State	W	5-2
Georgetown	W	5-2
Liberty	W	4-3
@James Madison	L	3-4
@Elon	L	0-7
@George Mason	W	7-0

2005-06 Men's Tennis

Front, L-R: Roger Torres, Rashko Patnikov, Jon Bair, Mani Barajas-Alexander
 Back, L-R: Head Coach Pat Breen, Matthew Bulkley, Carlos Garcia de Andoain, Brandon Lindsley, Tobias Guennel, Austin Brawley, Ian Young, Assistant Coach Nick Mueller

BY THE NUMBERS

2004-05 Women's Tennis

Opponent	W/L	Score
Liberty Invitational Tournament	n/a	-
Hampton Roads Collegiate	n/a	-
Virginia Tech	L	0-7
Old Dominion	L	2-3
VCU 4-1 Invitational Winthrop	L	1-4
VCU 4-1 Invitational Hampton	L	0-7
Norfolk State	W	7-0
Gardner-Webb	W	4-2
UNC Asheville	L	3-4
North Carolina A&T	W	5-2
Stony Brook	L	1-6
UNC-Wilmington	L	1-6
Hampton Roads Elite 8 Collegiate Morgan State	W	7-0
Hampton Roads Elite 8 Collegiate Hofstra	W	7-0
Hampton Roads Elite 8 Collegiate Radford	W	4-3
Liberty	W	4-3
James Madison	L	2-5
George Mason	W	4-3
Mary Washington	W	6-1
Georgetown	L	3-4

BY THE NUMBERS

2005-06 Women's Tennis

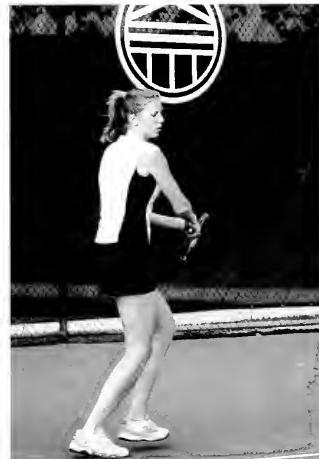
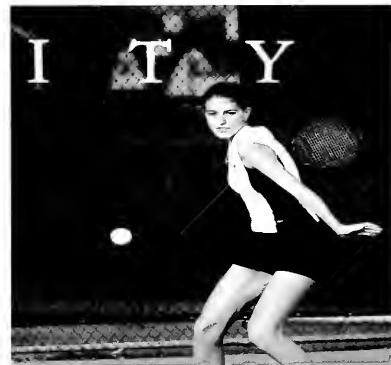
Opponent	W/L	Score
@Hampton Roads Collegiate Individual		-
@ITA/Southeast Regional Individual		-
@Hampton Roads Invitational Individual		-
Campbell#	L	2-3
@VCU#	L	0-5
Norfolk State#	W	4-1
Howard	W	6-1
Virginia Tech	W	4-1
North Carolina A&T	W	7-0
Old Dominion in Hampton Roads Collegiate	L	0-6
Morgan State in Hampton Roads Collegiate	W	6-0
Kennesaw State in Hampton Roads Collegiate	L	3-4
Hampton	L	1-6
Norfolk State	W	7-0
Georgetown	W	5-2
Mary Washington	W	4-3
Liberty	L	2-5
James Madison	L	2-5
Radford	W	4-3
@Elon	L	2-5
@George Mason	W	6-0

2004-05 Women's Tennis

Left to right: Assistant Coach Nick Mueller, Lexi Torrice, Nancy Hott, Jessica Farr, Romana Bucur, Alicia Raymond, Elena Triebeskorn, Brittany Huddleston, Head Coach Pat Breen.

Women's Tennis

The women's tennis team at Longwood, seven members strong at any given time, has led one of the few majority win records in Lancer's Division One history. Not only completing this feat once, but twice. In fact, we brought home the Hampton Roads Elite tournament championship. We defeated Morgan State, Hofstra and Radford by incredible scores in 2004-2005. The story of women's tennis, like that of many others, is of continued improvement. Within one year, the Lancer's tennis team has begun send powerful reminders to their opponents, showing how quick we are rising to Division One level. In 2004-2005 we were shut out by Virginia Tech. However, the following season we won by a three match majority. Virginia Tech is not the only state school that has felt our wrath. The Lancers have defeated Radford, George Mason, Mary Washington, Norfolk State and other local schools including Howard, Morgan State, and Georgetown. Truth be told, women's tennis is one of our most competitive teams. People are beginning to recognize the potential of this team to offer hearty competition and threaten the rise of other teams in seeking their own. If you fear a Longwood team, one of them is undoubtedly women's tennis. Superb athletes trained by strong coaches is a recipe for success.



Brittany Huddleston, a first year player has proven valuable to the Lancers.

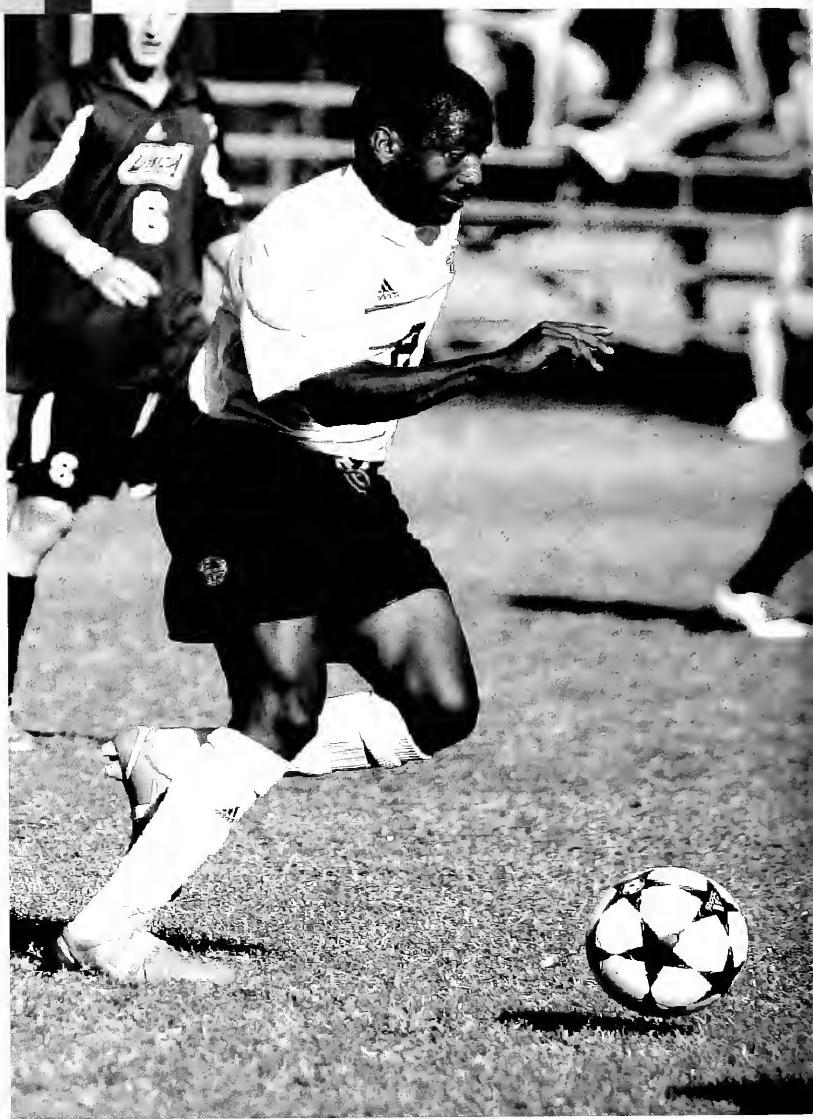
2005-06 Women's Tennis

Front, L-R: Ashley Melson, Eileen Sullivan, Lexi Torrice, Jenny Kile. Back, I-R: Head Coach Pat Breen, Katie White, Jessica Farr, Romana Bucur, Alicia Raymond, Elena Triebeskorn, Brittany Huddleston, Assistant Coach Nick Mueller

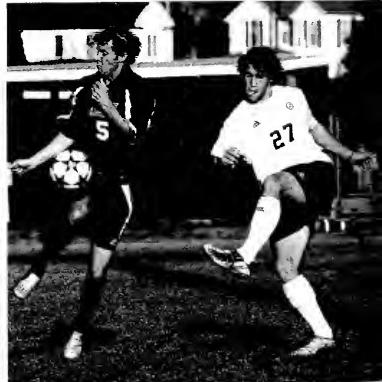


Marcus Dixon shows not only his speed, but his footskills at the same time to move the ball ahead.

Elvis Cosic obviously got the better half of this challenge as he takes posession back for Longwood.



Sean Harvey known for his natural abilities takes a corner kick for Longwood.



Todd Runey known for his firepower makes an opposing player feel the heat.

BY THE NUMBERS

Men's Soccer

2005-06 Men's Soccer

OPPONENT	W/L	SCORE
Wofford	T 02	2-2
@ Clemson	L	1-3
@ Western Kentucky	L	0-1
Eastern Illinois	L	1-4
@ #4 Virginia	L	0-4
Richmond	L	0-1
East Carolina	W	1-0
@ Mount St. Mary's	W	2-1
@ #7 Duke	L	1-3
@ Hartwick	L	0-3
@ #5 North Carolina	L	0-5
@ NJIT	T 02	1-1
Oneonta	W	2-0
@ #11 NC State	L	0-2
@ Adelphi	L	1-4
Howard	W	1-0
Philadelphia	W	3-1
Appalachian State	W OT	2-1
High Point	W	3-2

Many people know of the famous Cinderella story, but few know of its adaptations when applied to the game of soccer. Many years ago as two rival coaches battled in the prestigious World Cup, the captain of the team became injured in the last minutes of the game. The assistant coach concerned asked the coach if he might pull the wounded player off the field. The coach told his assistant to rather query the player and find out just how bad the player was injured. Moments later the assistant reported that the player was not only bleeding from the head, but didn't know his own name. The Coach then simply said, "tell him he is Pele and send him back on the pitch."

Sometimes, as the Men's team has found out, a true Cinderella story isn't that of relaxation and fairy tales. The team in fact has scars and many brutal days of training ahead. All these are evidence of their significant trials and hard work that accounts for their well-deserved success these past two seasons.

Rebounding from the difficult season of 2004-2005, the Men's team rejuvenated itself under the leadership of Jon Atkinson following the departure of Coach Buretta. It gave quite a show to the Longwood Student Body with only a single loss at home. Its season was highlighted with games against UVA, Clemson, Duke, and UNC. This season was something every player will remember, with memories of happy times and overwhelming triumph.



Gary Smith, one of Longwood's capable defenders he takes control of another play in the opposing half.

2005-06 Men's Soccer

Back, (L to R): Boone Prentice, Sean Harney, Todd Runey, Adam Kotchin, Nate Van Arsdale, Marcus Dixon, Max Griessbach, Elvis Cosic, Jeff Moore
Middle, (L to R): Faculty Moderator Charles Blauvelt, Assistant Coach Matt Kirkpatrick, Tyler Marsh, Sean Bolger, David Smith, Brandt Youmans, Chad Harvey, Gary Smith, Scott Nuckols, Head Coach Jon Atkinson, Alex Spirl, Assistant Athletic Trainer Darlene Abramovich
Front, (L to R): Mike Negash, Alex Lubinsky, Ryan Lerow, Leon Malca, Dana Shaffer, Justin Williams, Tyler Arnold, Andres Torres

BY THE NUMBERS

2004-05 Women's Soccer

OPPONENT	W/L	SCORE
Elon 20T	L	1-2
@ Old Dominion	L	1-6
@ Radford	L	0-3
@ Virginia Tech	L	0-2
@ Mercer	L	1-3
Georgia Southern	W	1-0
@ Coastal Carolina	L	0-2
@ Charleston Southern	L	0-3
@ High Point	L	0-2
Campbell	L	0-1
Liberty	L	1-2
Barton	W	3-1
@ Virginia Commonwealth	L	0-4
@ VMI	W	9-1
@ William and Mary	L	0-3
@ Appalachian State	L	0-5
@ Mount St. Mary's	W	1-0
Howard	W	4-2

BY THE NUMBERS

2005-06 Women's Soccer

OPPONENT	W/L	SCORE
@ Campbell	L	1-2
Radford	W	3-2
@ The Citadel	W	3-0
@ Western Carolina	L	0-2
South Florida	L	1-3
@ Elon	L	1-2
Appalachian State	L	1-2
@ UMBC	L	0-1
@ Liberty	L	2-3
Coastal Carolina	L	4-6
South Carolina State	W	4-0
@ High Point	T 02	1-1
UNC Asheville	W	3-1
Charleston Southern	W	1-0
@ Howard	W	3-1
IPFW	L	0-1
Howard	W	2-0

Women's Soccer

A Cindarella Story

Longwood University enters its 2006 women's soccer campaign intent upon enjoying its first winning season while competing against an NCAA Division One schedule. Under the guidance of Longwood graduate and 13th-year head coach Todd Dyer (1993), the traditionally strong program enters the upcoming season

with nine returning starters among 16 overall letter-winners. Coach Dyer and third-year assistant coach Steve Brdarski have again added another talented group of newcomers to the team as well, and several among the eight are expected to contribute immediately. The Lancers are competing this fall in the final year of the school's four-year Division One Reclassification toward official certification

in September 2007. "At the beginning of our reclassification, when we started playing a full Division One schedule, my main goal for the program was that we improved year after year," said Dyer. "Our record over the past several years shows

that we've been able to do exactly that. Hopefully 2006 marks the year that we really turn the corner and establish a consistent and significant level of success on the field and in the win column." Much of the optimism evolves from a veteran senior class that includes forward Tiffany Crane (1g, 4a), midfielde

Anna Gravely (6g, 1a), keeper Heather Storrie (597 minutes, 2.26 gaa, 1 Sho), midfielde

Lexi Torrice, and forward Vanessa Congdon (1g, 1a). Crane, Gravely, and Congdon are each returning starters. The five have combined to start 137 matches during their respective Lancer careers, led by Gravely's 46 career starts, while combining for 21 goals and 19 assists. "This group has done an amazing job of changing the culture in all phases of the program to make us a legitimate competitor at the DI level," explained Dyer. "With all of the hard work and sacrifice that they have committed to the program over the past four years, they really deserve to go out on a high

note and we have a team this year that can make that happen."





Brenda Cary is impressive as a young player and receives strong coaching from her former Lancer sister, Melissa.

Men's Basketball

BY THE NUMBERS

Longwood completed the 2005-06 campaign with a final record of 10-20, an impressive differential of plus 9.5 after the previous year's 1-30 record. It was a turnaround year among the top 10 (tied for seventh) in the NCAA Division One men's basketball last season. Head Coach Mike Gillian's Lancers were strong down

the stretch with seven wins in the final 11 games, including six wins in the last seven home games in Willett Hall where the program was 8-4 overall a year ago.

Overall, Longwood lost eight games by 10 points or less, including one in overtime, while three of the losses was by three points or less. "Going into last year we told our team that the external competition for them would be nothing new," explained Gillian. "Our returning players had played at places like Illinois and Wake Forest, and played against other high profile opponents like Cincinnati, Old Dominion, and Northern Iowa. "What we needed was for our internal competition to get better and tougher. By that we meant our returning players had to improve and our incoming players had to be capable of making an immediate, positive

impact on the program. Collectively our skill level had to be better. We had to be tougher physically, mentally, and emotionally. The combination of all of these factors led to some success for us during the 2005-06 season. We ended the year as

the seventh most improved team in Division I college basketball."

Highlights to the effort included a well-played 90-77 loss to #4 Villanova contested in Atlantic City, New Jersey at the prestigious Boardwalk Hall, a 77-73 late-season

home win past James Madison in Willett Hall, an early-season 88-75 home win past Liberty, along with a pair of three-game winning streaks. Also, a 69-66 road win at Hampton that halted a 38-game road losing streak must be mentioned – it was the final road game on the schedule. Finally, the 10 wins were also more than the previous two seasons combined (6-52).



2005-06 Men's Basketball

Seated, L-R: Bryan Butler, Joel Rowe, assistant coach Bill Reinson, head coach Mike Gillian, assistant coach Doug Thibault, assistant coach

Michael Huger, Brandon Giles.

Standing, L-R: Michael Jefferson, Dana Smith, Darren Holmes, Lamar Barrett, Jon Larson, Chad Kosmo, Leland Beale, Kirk Williams, Clayton Morgan, Maurice Sumter, Husein Pistoljevic.

2004-05 Men's Basketball

Opponent	W/L	Score
@ Columbia	L	69-82
Mount St. Mary's	L	55-78
Radford	L	81-91
Quinnipiac	L	62-89
@ Hampden Sydney	L	67-73
@ William and Mary	L	60-90
@ Howard	L	76-86
Hofstra	L	56-78
VMI	L	64-69 OT
@ San Francisco	L	49-82
UC Davis	L	72-87
Howard	W	75-69
@ Old Dominion	L	56-88
@ Northern Iowa	L	63-84
@ #1 Illinois	L	79-105
#17 Cincinnati	L	69-95
Valparaiso	L	68-75
@ Quinnipiac	L	93-102 2OT
@ Hartford	L	58-63
@ Utah Valley State	L	57-75
@ Northern Colorado	L	91-99
South Carolina State	L	65-71
Appalachian State	L	59-89
Northern Colorado	L	56-76
@ VMI	L	52-65
Texas A&M-Corpus Christi	L	43-62
UMKC	L	51-74
@ Appalachian State	L	65-79
@ James Madison	L	70-72
@ #6 Wake Forest	L	47-88
Utah Valley State	L	50-54

BY THE NUMBERS

2005-06 Men's Basketball

Opponent	W/L	Score
@ Nebraska	L	65-80
Louisiana Tech	L	73-83
Yale	L	67-70
Virginia-Wise	W	93-49
William and Mary	L	75-88
Liberty	W	88-75
@ UMKC	L	69-79
@ Kansas State	L	60-89
#4 Villanova	L	77-90
High Point	L	72-88
Valparaiso	L	79-82
@ VCU	L	80-91
@ College of Charleston	L	53-77
Long Island	W	86-69
@ Richmond	L	60-74
@ IPFW	L	90-92 OT
@ Valparaiso	L	73-105
@ Navy	L	65-71
@ Savannah State	L	69-70
Hartford	W	93-90 OT
IPFW	W	60-59
North Carolina A&T	W	83-77
@ Texas A&M-Corpus Christi	L	64-92
Shenandoah	W	87-68
@ Liberty	L	66-75
@ Virginia	L	56-91
James Madison	W	77-73
@ Hampton	W	69-66
Savannah State	W	82-71
Utah Valley State	L	63-73



The team prepares to begin their latest match. The Lancers had the opportunity to play at many large schools as they played a NCAA division one schedule.



Coach Gillian advises the team on the play following the completion of their time out.

Brandon Giles at an away game proceeds up the court.



Clayton Morgan advances the ball during a home game at Longwood, he has been a powerful Longwood player for many years.

2005-06 Women's Basketball

Back, (L to R): Abby Freese, Jamie McAllister, Keiva Small, Cassandra Smith, Anna Steg, Nadège Wandeu, Leigh Mascherin, Claire Blevins, Amber Sims, Courtney Dyer.

Front, (L to R): Manager Alice Challender, Student Assistant Coach Ashleigh Hollman, Former Head Coach Shirley Duncan, Ashley

Mason, Jessica Wilkerson, Amber Mason, Interim Head Coach Nikki Atkinson, Assistant Coach Nathan Fortener, Manager Kathryn Johnson.



The past coach shown here left a legacy and had led the Lancers for many years. She carried the respect and attention of all her players.

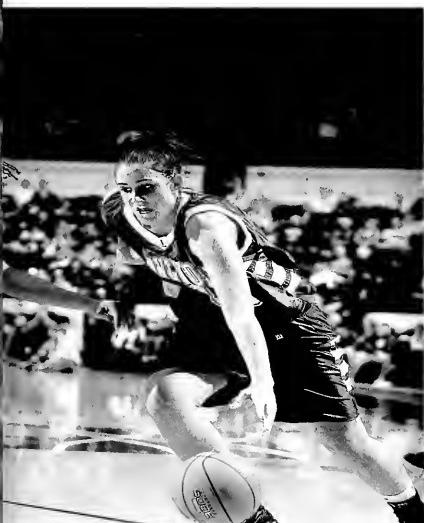
Despite heavy guarding, our player proceeds to shoot and score for Longwood.

At times, against the hardest opponents we found ourselves with both the speed and agility to compete.

Women's Basketball

Longwood University will enter its final year of the four year NCAA Division I Reclassification phase during the 2006-07 season. This year's squad welcomes back two of its five starters and ten letter-winners from a year ago. While there are several familiar faces around this season, the team is under new command. First year Head Coach Pamela Bass takes over the reigns this season, bringing over 13 years of Division I experience to the Lancers, along with a determination to move the program forward. Joining Bass on the bench will be assistant coaches Andrea Gross and Colleen Kelly, who both bring collegiate playing experience. Gross has accumulated four years of coaching experience since graduating in 2002 from William and Mary, while Kelly brings the experience of playing for Coach Bass during her four seasons as a student-athlete at Brown University. Both Gross and Kelly are intricate parts of the Longwood women's basketball recruiting and game preparation efforts for the upcoming season. Since their arrival to Farmville, the new coaching staff has created a positive atmosphere in which student-athletes can excel both in the classroom and on the hardwood. The team will have a new look as 60 percent of the Longwood offense from a year ago has moved on with the graduation of Amber and Ashley Mason.

While many people might focus on a win and loss record for these Lancers, that will not serve the same purpose as spending the time to analyze their individual game results. In fact, in looking at these results we can see that already the Lancers are intense and fierce competition for absolutely any opponent.



Dribbling the ball up court the Lady Lancers were both quick and unpredictable.



BY THE NUMBERS

2004-05 Women's Basketball

Opponent	W/L	Score
Winthrop	W	76-45
Davidson	L	60-50
@ William and Mary	W	60-46
@ UNC Wilmington	L	64-58
Norfolk State	W	81-73
@ West Virginia	L	81-52
@ Robert Morris	L	66-54
High Point	W	63-59
@ George Mason	L	75-51
Morehead State	W	64-60
@ Eastern Kentucky	L	56-46
@ Kentucky	L	79-41
IPFW	W	67-57
Jacksonville State	W	69-64
@ Campbell	L	83-56
@ Liberty	L	76-58
@ Elon	W	57-51
Texas Pan-American	W	54-47
Savannah State	W	84-55
@ UNC Asheville	L	66-50
@ Texas A&M-Corpus Christi	L	55-43
@ Texas Pan-American	L	65-46
@ Savannah State	W	58-39
Virginia Union	W	77-47
@ IPFW	W	69-66
Norfolk State	W	69-59
@ Jacksonville State	L	73-67
Southern Virginia	W	97-53

BY THE NUMBERS

2005-06 Women's Basketball

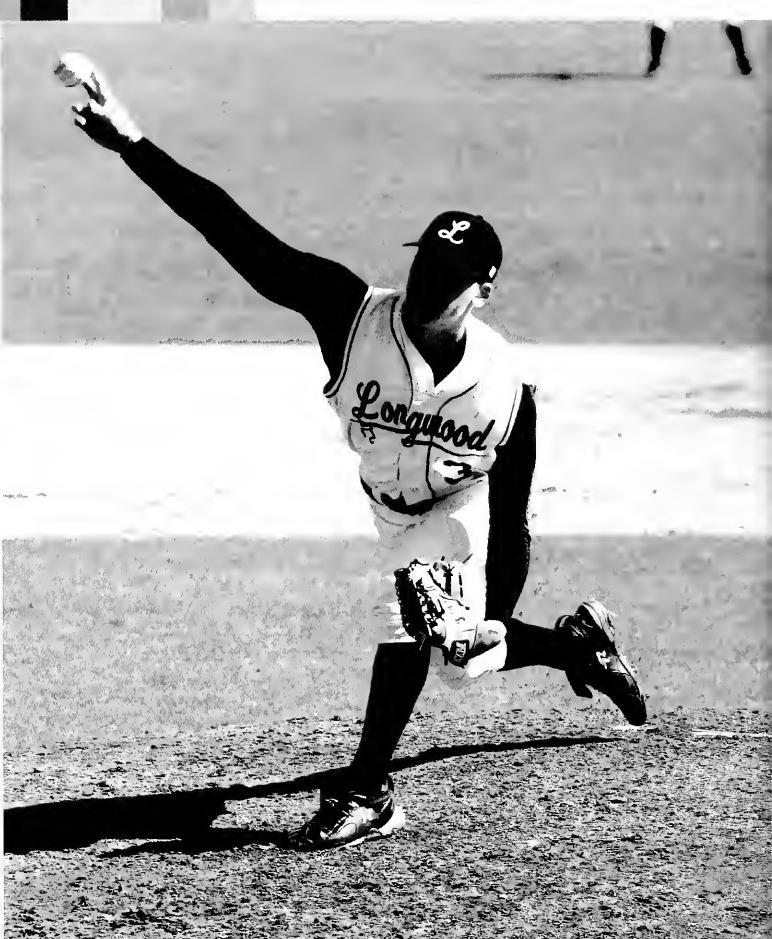
Opponent	W/L	Score
Maryland-Eastern Shore	W	72-58
Florida International	L	55-72
Wright State	L	77-80
@ UNC Greensboro	W	69-66
East Carolina	L	59-73
William and Mary	L	58-82
@ UMBC	L	51-71
@ James Madison	L	60-76
@ High Point University	L	68-76
Morgan State	W	91-78
@ Georgia Tech	L	41-81
@ Virginia Tech	L	70-89
Marshall University	L	66-76
@ Charleston Southern	W	70-55
@ Winthrop	L	58-67
UNC Asheville	W	77-71
IPFW	W	86-69
@ Norfolk State	L	61-67
@ Boston College	L	29-85
Elon	L	61-62
@ IPFW	W	82-77
Liberty	L	50-77
Southern Virginia	W	85-42
Virginia Union	W	69-56
@ Virginia	L	42-93
@ Maryland-Eastern Shore	L	60-69
@ South Carolina	L	48-99
Texas A&M-Corpus Christi	L	56-70

BY THE NUMBERS

2004-05 Men's Baseball

OPPONENT	W/L	SCORE
Hawaii Pacific *	L	1-2
Hawaii Pacific *	W	2-3
Hawaii Pacific	L	2-9
#6 South Carolina	L	2-15
#6 South Carolina	L	1-5
#6 South Carolina	L	1-4
Wofford *	L	5-13
Charlotte	L	4-5
Charlotte	L	5-8
Saint Joseph's *	W	4-10
Saint Joseph's	W	9-4
Towson	W	1-9
Virginia	L	10-1
Old Dominion	L	10-6
Saint Peter's *	W	12-7
Saint Peter's	W	11-0
Towson	L	1-6
Indiana University *	W	4-10
Old Dominion	L	4-1
Norfolk State *	W	5-3
James Madison	L	2-0
Appalachian State	W	6-11
VMI	L	15-1
VMI	L	4-1
The Citadel	L	8-9
The Citadel	W	7-4
Virginia State	L	7-9
James Madison	W	16-6
VCU	W	6-5
VCU	W	10-3
Delaware State *	L	0-5
Maryland	L	2-4
Maryland	L	5-10
William and Mary *	W	2-9
William and Mary *	L	6-7
Winthrop	L	4-23
		5-6 OT

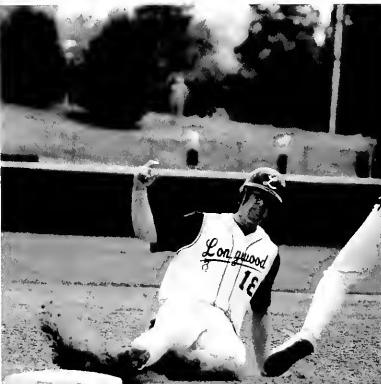
*= double header



It isn't always as simple as fundamentals. Our team is expected to quickly catch and pass the ball.



Sportsmanship and camaraderie is important to the baseball team.



Our opponent was much too slow to tag him out.



This is the foundation of another score for Longwood.



Every year our players battle for an opportunity to compete at the mound.

Men's Baseball

"The Lancer Nine"

Longwood University competed in its second full season of NCAA Division One baseball during 2006 as the Lancers were scheduled to play a complete 56-game Division One schedule. Longwood showed great Division One potential a year ago, finishing 16-32 overall, including a 10-5 record at home in Lancer Stadium, and big wins over established programs such as Indiana, VCU, James Madison, William and Mary, The Citadel, and Towson.

Head Coach Charles "Buddy" Bolding is in his 28th-year as the sole head coach in the program's history (738-363-3), with a young but strong team having no seniors, and 16 freshmen and sophomores among the 23-man roster. Coach Bolding was assisted this year by third year assistant coach Rick Blanc who has specific responsibility for the pitching staff, and by first-year assistant and former Lancer standout Brett Mooney. Longwood returned four position starters and had seven returning pitchers from 2005. The Lancers have added 10 newcomers to the tradition-rich program recently, including eight true freshmen, a redshirt sophomore, and a junior transfer student-athlete.

"The Lancer nine would look to improve upon the good Division I start that it made in '05 with a host of veteran players and a talented crop of freshmen recruits for '06," said Bolding.

Throughout the season, Longwood hosted the likes of VCU, William and Mary, Liberty, Old Dominion, Dayton, James Madison, George Mason, and Radford while traveling to ballpark venues at Virginia, Virginia Tech, West Virginia, North Carolina State, VMI, and Samford to name a few. Ranked opponents on the schedule, according to the Sports Weekly/ESPN Top 25 Coaches Preseason Poll, include North Carolina State, Virginia, and VCU. All three received votes in the poll, with The Wolfpack at #27, the Cavaliers at #34, and the Rams at #48. As it has been for the past 27 years, it has another exciting season of Longwood baseball during 2006.



2004-05 Men's Baseball
Front, L to R: Louis Ullrich, Matt Duval, John Farrell,
Brian Polgar, Travis Lydon, Joe Bott, Nick von
Gersdorff, Sean Quinn, and Rob Moody.
Middle, L-R: Assistant Coach Ryan Horning, Isaac
Weiderman, Brett Mangigian, Tyler Childress, Zach
Zigrang, Tyler Ames, Alan Moore, Brian McCullough,
and Corey Huemmer.
Back, L-R: Assistant Coach Rick Blanc, Chris Balus,
Danny McCraw, Clay Horn, Charlie Yarbrough, Josh
Imonds, Robert Gillis, Brett Mooney, Head Coach
Buddy Bolding.



2005-06 Men's Baseball
Front, L-R: David Loel, Kevin Light,
Aaron Berg, Robbie Bailey, Jon Quigley,
Brandon Maupin, John Walker II, Paul
Heidler, Ryan Rowe
Middle, L-R: Joe Bott, Isaac Weiderman,
Brian Polgar, Tyler Childress, Travis
Lydon, Nick von Gersdorff, Rob Moody,
John Farrell
Back, L-R: Assistant Coach Rick Blanc,
Assistant Coach Brett Mooney, Brian
McCullough,
Alan Moore, Clay Horn, Brett
Mangigian, Zach Zigrang, Tyler Ames,
Head Coach Buddy Bolding

BY THE NUMBERS

2004-05 Women's Softball

OPPONENT	W/L	SCORE
BYU-Hawaii	L	5-4
Montana St. Billings	L	1-2
California Baptist	L	2-3
Pittsburg State	L	3-9
#12 Barry (Fla.)	W	9-1
Hawaiii-Hilo	L	1-7
@ Mount Olive	W	14-4
@ Wingate *	L	5-4
@ Barton *	W	8-2
@ Barton *	W	10-2
@ Lock Haven	W	8-0
Shippenburg	W	5-3
Lees-McRae	W	5-2
W.Va. Wesleyan	W	13-0
Shippenburg	L	3-2
Indiana (Pa.) *	W	1-0
@ Incarnate Word *	L	8-0
@ Saint Edward's *	W	4-6
@ Saint Edward's *	W	1-0
Emporia State	W	7-2
Oklahoma-Panhandle	W	2-4
Texas A&M-Kingsville	W	2-1
Berlmont Abbey	W	5-1
Mars Hill	W	6-0
@ Coastal Carolina	L	3-0
@ Liberty	W	9-1
Mountain State	W	13-0
West Liberty State	W	1-0
Mount Olive	W	11-2
Alderson-Broaddus	W	12-2
Charleston (W.Va.)	W	12-1
West Liberty State	W	5-0
West Virginia State	W	12-0
Liberty	L	2-3
@ UNC Greensboro *	W	8-0
@ UNC Greensboro *	L	1-7
* = double header	W	2-1

BY THE NUMBERS

2005-06 Women's Softball

OPPONENT	W/L	SCORE
Michigan	L	0-5
Fordham	L	3-13
Penn State	L	0-3
DePaul	L	0-6
Florida	W	1-0
Radford	W	9-0
Quinnipiac	W	7-1
Norfolk State	W	2-0
Furman	W	2-6
St. Francis	W	2-4
Farfield	L	2-3
Binghamton	W	7-2
Delaware	W	1-0
East Carolina	L	1-5
Delaware	W	3-3
UNLV	L	0-14
Hawaii	L	1-2
Penn State	L	1-2
UCSB	W	2-0
Detroit Mercy	W	0-6
Hawaii	L	2-4
Oklahoma State	W	3-4
San Diego State	L	3-4
Northwestern	L	3-4
Kansas	L	3-4
Radford	W	2-5
Howard	W	8-0
Radford	L	3-4
Georgetown	W	2-6
UNC Greensboro *	L	0-6
Howard *	W	3-2
Hampton *	W	4-0
Liberty *	W	5-4
George Washington *	W	5-4
Virginia *	W	6-0
Norfolk State *	W	4-5
Georgetown *	W	10-0
Georgetown *	W	17-0
* = double header	W	6-0

Women's Softball

Women's softball is not a sport that anyone can believe takes anything less than discipline and practice. A women's softball player needs both speed and agility, and an extraordinary amount of strength and muscle. While players must be on the field, they must also build a strong offense to compete at bat

Looking at the numbers for the past two years, the opponents Longwood has faced has changed drastically. We see many more division one team on the latest Longwood schedule, but surprisingly with an increase in competition we have been able to meet the challenge. With little change, Longwood has maintained winning records in both years. Against our latest opponent we won all but two single games of our double headers. We were lethal when it came to shut outs and our record proves it. We shut out teams such as Radford, Quinnipiac, Furman, Delaware and even Georgetown (the last with a 20 point shutout)

We also played and won against strong opponents such as Oklahoma State, University of Virginia, Liberty and UNC Greensboro. We had our opponents come from as far away as Hawaii as many people want to compete with our Lady Lancers

If there was no better way, we finished our season with a four-game win and shut out streak that has left our competitors stunned and afraid of the power of the Lancers. While things are always changing, we know we will do nothing but improve and continue the winning trends

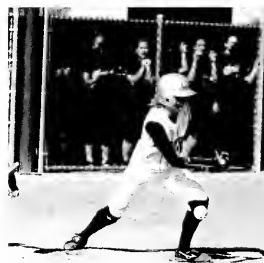


2004-05 Women's Softball

Front, L to R: Alishia Stewart, Ashley Hawkins,
and Pepper Wilson.

Middle, L to R: Ashley Stewart, Rachel Mills,
Jen Steele, Becca Walker, Kristina Garrison,
Tori Flint, and Megan Wilson.

Back, L to R: Shamana Washington, Caitlin
Hooe, Megan Camden, Assistant Coach Kayla
Miller, Head Coach Kathy Riley, Assistant
Coach Lindsay Horvath, Mallory Gordon, and
Ryan Washington.



Women's Lacrosse

BY THE NUMBERS

The Longwood University women's lacrosse program is entering the third year of its four-year reclassification period towards official NCAA Division I certification during the 2006 season. LU will play a 16-game Division One schedule that will include preseason #2 Duke, #19 James Madison, along with

William and Mary, Boston College and Virginia Tech. Lancer 12th-year head coach Janet Grubbs will lead a young Longwood squad with only four seniors and four juniors among the 21-person roster. Grubbs is assisted in 2006 by first-year assistant coach Lynz Keyes.

Longwood returns only five starters among nine letter-winners who finished 2005 with a 12-3 overall record. The Lancers added 11 newcomers to the program to help with the loss of seven starters who accounted for 51.3 percent of LU's total offense a year ago.

Longwood will also host ACC members Virginia Tech and Boston College. The last time the Lancers played Virginia Tech (2004), LU earned a 15-14 double-overtime come-from-behind victory. "The ACC conference is certainly one of the strongest," said Grubbs. "Geographically it makes sense to play them, but more importantly, it is the caliber of lacrosse that I want to play. Longwood is used to being at the top and now we are taking the steps to get to the top of Division One." Rounding out the home contests are matches against Colonial Athletic Association (CAA) member William and Mary, Patriot League members American and Lafayette, Mountain Pacific Sports Federation members Saint Mary's and UC Davis, and Pac-10 member Oregon. "We have really taken on a powerhouse schedule this year," stated Grubbs. "In order to get to the top we have to accept the challenge of competing with the best teams in the nation. This year will solidify and season the 11 freshmen on the team and I am looking for a Top 20 ranking within two years. Is that realistic? Just ask my players."



2004-05 Women's Lacrosse
Front, L to R: Sophie Dress, Heather Crouse, Leanne Kibler, Isa Cohen, Emily Bikowski, Leah Graham, and Shawn Slotke.

Middle, L to R: Emily Wilson, Joyce Haines, Glenna Kibler, Kerry Ryan, Kelly Gaines, Ali Shaffer, Jenn Shipp, Cathleen Strain, and Jen Holliday.

Back, L to R: Head Coach Janet Grubbs, Meghan Thompson, Heather Caulk, Kelly Strenge, Kristen White, Lauren Stahl, Missy Rumbley, Kathleen Barry, and Assistant Coach Lael O'Shaughnessy.



2005-06 Women's Lacrosse
Back: Head Coach Janet Grubbs, Britt Farquharson, Jen Holliday, Joyce Haines, Liz Sellmayer, Kisten McLain, Allison Armstrong, Kate Streckfuss, Assistant Coach Lynz Keyes.

Middle: Kathleen Barry, Ann Rae Keel, Kelly Gaines, Lauren Barnaba, Megan Thompson, Missy Rumbley.

Front, Shawn Darrell, Cathleen Strain, Ali Shafer, Emily Wilson, Michelle Owen, Shannon Strain, Dee Warehime.

2004-05 Women's Lacrosse

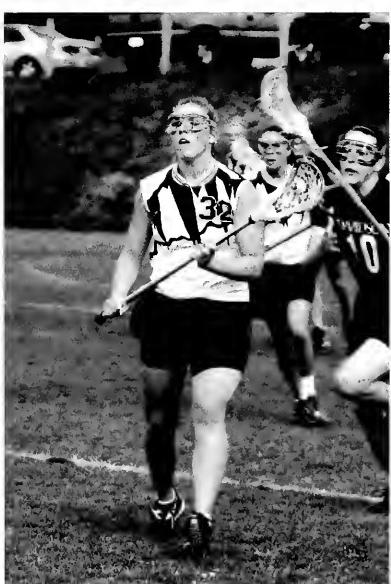
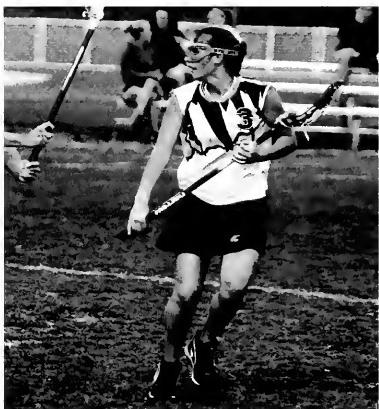
Opponent	W/L	Score
LIMESTONE	W	16-10
SIENA	W	12-5
Quinnipiac	W	17-9
Stonehill W	13-9	
Bloomsburg	W	16-9
ST. FRANCIS (PA.)	W	13-1
@ Philadelphia	W	15-7
@ Manhattan	W	12-7
UC DAVIS	W	15-13
PFEIFFER	W	17-4
GEORGE WASHINGTON		
ST. MARY'S	L	8-12
@ Howard	W	18-4
WEST CHESTER	W	22-10
VIRGINIA TECH	W	16-10
		15-14 (2OT)



BY THE NUMBERS

2005-06 Women's Lacrosse

Opponent	W/L	Score
Bucknell	W	14-5
St. Bonaventure	L	6-16
@ UC Davis	W	10-8
@ Saint Mary's	W	15-12
Oregon	W	10-7
William and Mary	W	9-8
Canisius	W	22-8
Manhattan	W	15-7
@ George Washington	L	10-11
@ Lafayette	W	14-6
@ Lehigh	W	12-9
Howard	W	15-4
@ Massachusetts	L	14-17
@ Quinnipiac	W	8-4
Davidson	W	15-6





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